

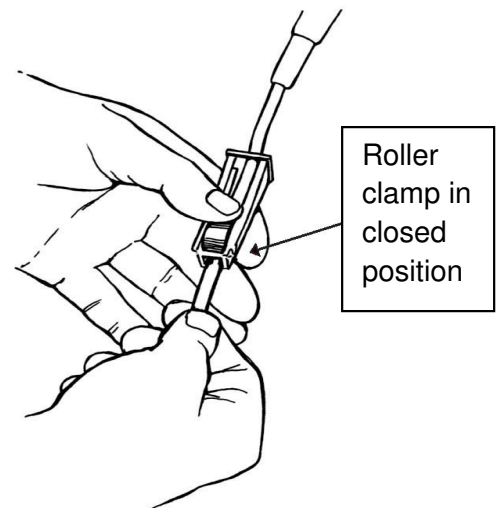
How to Give Tube Feeds by Gravity

Set Up

1. Gather supplies on a clean surface.
 - ✓ Formula
 - ✓ Feeding set (bag with tubing)
 - ✓ 60 mL syringe
 - ✓ Room temperature water for flushing
 - ✓ I.V. pole or hook for hanging the feeding set
2. Check your feeding tube placement according to your doctor's recommendations.

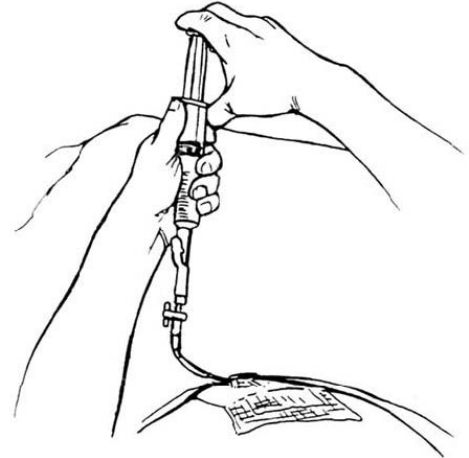
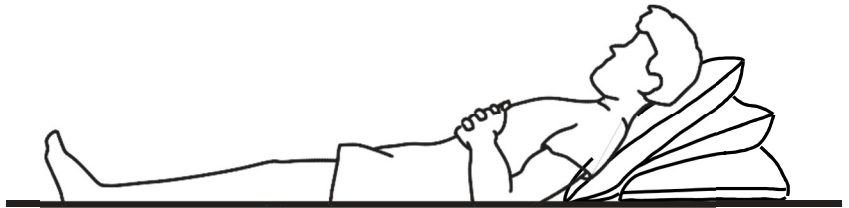
Prepare the Feeding Set

1. Wash your hands thoroughly with soap and warm water.
2. Formula should be at room temperature. Remove refrigerated formula about 30 minutes before using.
3. Check the expiry date of the formula. Do not use expired formula.
4. Shake the formula well and wipe the top of the container with a clean, damp cloth before opening.
5. Close the roller clamp on the feeding set.
6. Follow your tube feed schedule and pour the recommended amount of formula into your feeding set.
7. Hang the feeding set on an I.V. pole or hook about two to three feet above your head.
8. Prime the feeding set by opening the roller clamp to let the formula flow to the end of the tubing.
9. Close the roller clamp just before formula reaches the tip of the feeding set.



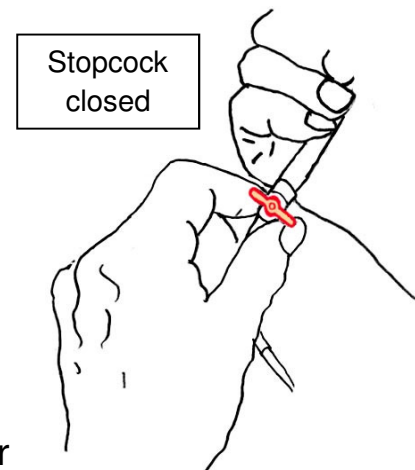
Start Your Tube Feed

1. Sit or recline in a comfortable, upright position. Use pillows to prop your head at least 30 – 45 degrees while you are tube feeding. Do not lie flat.
2. Flush your tube with water according to your tube feed schedule:
 - a. Fill the syringe with lukewarm water.
 - b. Place the tip of the syringe securely into the feeding tube.
 - c. If you have a clamp or stopcock on your feeding tube, open it. Push the syringe plunger.
 - d. Close the clamp or stopcock, or pinch your tube and remove the syringe.
3. Insert the tip of the feeding set into your feeding tube.
4. If you have a clamp or stopcock on your feeding tube, open it.
5. Open the roller clamp on the feeding set to allow a steady drip of formula.
6. To adjust the rate of your tube feeds, adjust the roller clamp or the height of your feeding set (higher = faster, lower = slower).



When Your Tube Feed is Done

1. Wash your hands thoroughly with soap and warm water.
2. If you have a clamp or stopcock on your feeding tube, close it.
3. Disconnect the feeding set and close the cap on your tube.
4. Flush your tube with water according to your tube feed schedule.
5. Change your tube feed supplies every 24 hours as per manufacturer's instructions.
6. Remain upright or keep your head elevated for at least 60 minutes after each feed.



How to Clean and Store Your Tube Feed Supplies

Feeding Set

Rinse your feeding set between tube feeds.

Discard feeding set every 24 hours as per manufacturer's instructions.

Syringes

Use one syringe for water flushes and a separate syringe for medications.

Rinse your syringes between tube feeds.

Discard syringes as per manufacturer's instructions.

Formula

Unopened containers should be stored in a dry place at room temperature.

For cans, tetra paks or bottles:

- Follow the manufacturer's guidelines for formula storage.
- Label the formula with the date and time you opened it.
- Opened containers may be stored at **room temperature** for up to 8 hours. Discard any unused formula after 8 hours.
- Opened containers may be covered and stored **in the fridge** for up to 24 hours. Discard any unused formula after 24 hours.

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