

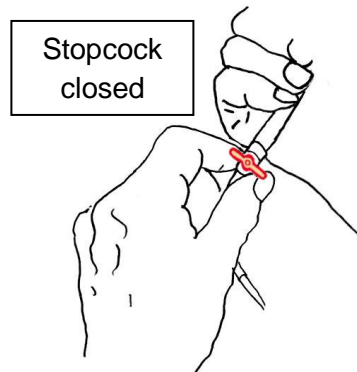
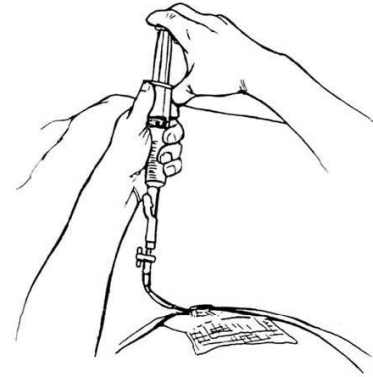
# ONCOLOGY NUTRITION

## How to Flush Your Feeding Tube

Flushing your tube with water is important to keep your tube clean and prevent blockage.

### How Do I Flush My Feeding Tube?

- Fill a 60 mL syringe with lukewarm water.
- Place the tip of the syringe securely into the feeding tube.
- If you have a clamp or stopcock on your feeding tube, open it.



- Push down on the plunger until the syringe is empty.
- Close the clamp or stopcock, or pinch your tube.
- Remove the syringe and close the cap on your tube.

### How Often Do I Flush My Feeding Tube?

- Flush your tube with at least 60 mL of water before and after each tube feed to prevent blockage or clogging.
- Flush your tube before and after each medication **and** in between medications if you are taking more than one at a time. Do not mix medications.
- If you are on continuous feeds with a pump, flush your tube every 4 hours.
- If you are not using your tube for feeding or medications, flush your tube with 60 mL of water at least twice a day.
- Your dietitian may ask you to flush more often or with more water to help meet your fluid needs. It is important to follow your tube feed schedule.

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