

Using a syringe can be a convenient way to give your tube feeds if you are able to tolerate a faster feeding rate. Some people are not able to tolerate this method of tube feeding. If you feel full quickly, develop nausea or loose bowel movements with syringe tube feeding, talk to your dietitian about other methods that are easier to tolerate.

Set Up

1. Gather supplies on a clean surface.
 - ✓ Formula
 - ✓ 2 x 60 mL syringes – one for feeding and one for flushing
 - ✓ Room temperature water for flushing
2. Check your feeding tube placement according to your doctor's recommendations.

Prepare for Your Tube Feed

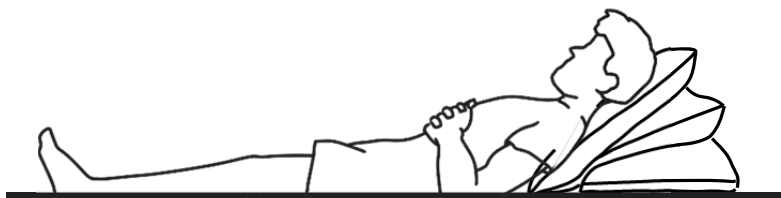
1. Wash your hands thoroughly with soap and warm water.
2. Formula should be at room temperature. Remove refrigerated formula about 30 minutes before using.
3. Check the expiry date of the formula. Do not use expired formula.
4. Shake the formula well and wipe the top of the container with a clean, damp cloth before opening.

Start Your Tube Feed

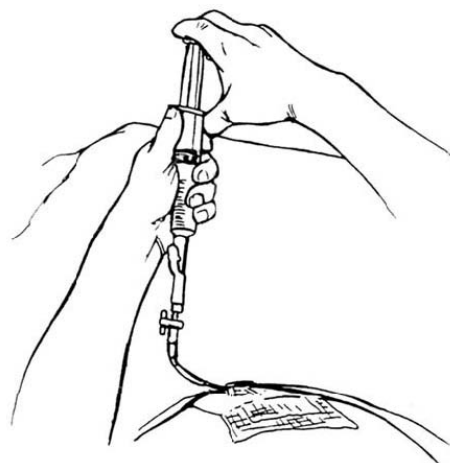
There are two ways to do syringe feeds. Choose the method that works best for you.

Method 1: Plunger Method

1. Follow your tube feed schedule. Pour your formula into a wide mouth container or glass. Do not mix medications with formula.
2. 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.



3. 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.
4. Draw up 60 mL of formula in another clean syringe.
5. If you have a clamp or stopcock on your feeding tube, open it.
6. Slowly push the syringe plunger to move the formula through the tube.
7. Close the clamp or stopcock, or pinch your tube. Remove the syringe.
8. Repeat until you have fed the desired amount of formula.



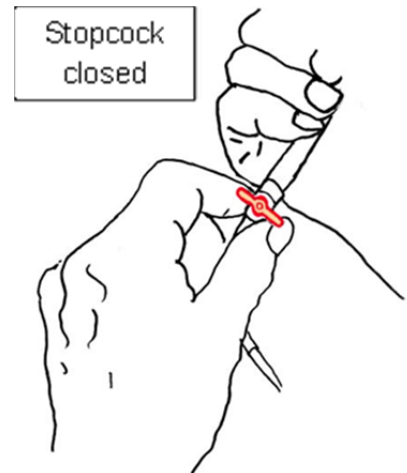
Method 2: Funnel Method

1. Follow your tube feed schedule.
2. 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.
3. 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. Close the cap on your tube.
4. Remove the plunger from another clean syringe.

5. Place the tip of the syringe securely into your feeding tube.
6. Hold the syringe at the level of your stomach and pour formula into it. Raise the syringe until formula empties from the syringe at a gradual rate.
7. Continue to add formula as the syringe empties until you have taken the desired amount.
8. Do not let the syringe empty. This may introduce extra air and cause gas or bloating.

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 syringe.
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

Syringes

Use separate syringes for formula, water flushes, and 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 formula left over after 8 hours.
- Opened containers may be stored **in the fridge** for up to 24 hours. Discard any formula left over after 24 hours.

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