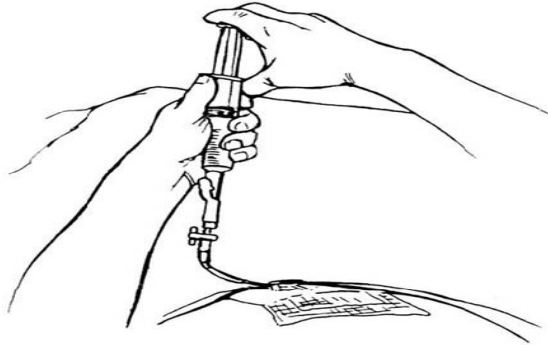


# ONCOLOGY NUTRITION

## 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.
- Twist the tip of the syringe securely into feeding tube.
- If you have a clamp or stopcock on your tube, open it.
- Push down on the plunger until the syringe is empty.
- Close the clamp or stopcock, or pinch your tube.
- Remove syringe, 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.

Visit our website: [www.bccancer.bc.ca](http://www.bccancer.bc.ca)

This information is not meant to replace the medical counsel of your doctor or individual consultation with a registered dietitian. This information may only be used in its entirety. Authorization given to reproduce this information with acknowledgement to Oncology Nutrition, BC Cancer Agency.

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