

Tube Feedings at Home

Bolus Method Using Syringe and Plunger

How to perform a feeding

1. Clean your work area. Wash your hands with soap and water.
2. Gather these supplies:
 - Can of formula
 - Clean measuring cup
 - Three ____ ml syringes
 - Towel
 - Clean cup of drinking water (lukewarm or room temperature)
3. Wash and rinse your hands well.
4. Clean off the top of the can or carton with a damp cloth. Check the expiration date (sometimes called “use-by date”). If the date has passed, throw the can away.
5. Shake the can well. Pour _____ ml of formula into your measuring cup. (If you have formula leftover in the can, place the can or carton in the refrigerator.)
6. Draw up the formula into two syringes.
7. Draw up _____ ml of water into one syringe.
8. Lay a towel across your lap.
9. Check the tube placement. Check for residuals, if your nurse asks you to.
10. Insert the syringe of water into the tube. Push the water in slowly.
11. Insert a syringe of formula into the tube. Push the formula in slowly, 5 to 10 ml at a time.

Repeat with the second syringe of formula. The entire feeding should take about 20 to 30 minutes.
12. If you need more water, add it to the formula. Or, draw more water into a syringe, adding it from time to time during the feeding. (Your doctor or dietitian will tell you how much water to use.)
13. When the formula is all in, flush the tube with at least ____ ml of water.

continued

Formula schedule: _____

Water schedule: _____

Another Option for Formula

Do not put formula into a syringe. Instead:

1. Pull the plunger out of one syringe.
2. Insert the syringe into the feeding tube.
3. Slowly pour the formula out of the cup and into the syringe. Do this until all the formula is gone.

Tips

- Store open cans of formula in the refrigerator. Label the cans with the date and time they were opened. Throw them away after 24 hours.
- Wash the syringes and other equipment each day.
- Weigh yourself 2 times a week, on _____ and _____.
- Recycle empty formula cans or cartons.
- If you will take medicine through your feeding tube, try to use liquid medicines. Mix liquid medicine with an equal amount of water. If your medicine comes as a pill, ask your doctor or pharmacist if it can be crushed. (Some drugs will harm you if they are crushed.) If it's safe to crush your medicine:
 1. Crush it into to a fine powder.
 2. Mix it with 20 to 30 ml of water.
 3. Draw the mixture up into a syringe.
 4. Flush the tube with _____ ml of water.
 5. Inject the medicine into the tube.
 6. Add a little water to rinse your medicine cup. Inject this water into the tube.
 7. Flush the tube again with _____ ml of water.

Liquid measurements

30 ml (milliliters) = 1 ounce

240 ml = 8 ounces

1 cup = 8 ounces = 240 ml

1 can or carton = _____