

# Tube Feeding

## Using the Kangaroo Connect Pump

---

### You will need

- Formula (can or carton)
- Feeding bag with tubing
- Household cleaner (soap) and paper towel
- Liquid hand soap
- Clean cup (to hold end of tubing)
- If giving medicine:
  - Syringe
  - Medicine
  - Medicine cup
  - Clean cup of lukewarm water

### Get ready

1. Clean your work area with household cleaner and water. Allow to dry.
2. If your formula comes in a can, wipe off the top with a damp cloth.
3. Check the expiration date on the container. Throw the formula away if the date has passed.
4. To make the formula:
  - Wash your hands with liquid soap for 15 seconds
  - **Liquid formula:** shake well
  - **Powdered formula:** Follow the directions on the container (unless your health care team tells you differently)
5. Pour \_\_\_\_\_ml into a feeding bag. (Use a new bag every day.)
6. Remove as much air as possible. Close the top of the bag securely.
7. Press the **Power** button.

8. “**Load Set**” will appear on the screen. Follow the instructions on the screen and install the cassette:
  - Slide the bottom pegs of the cassette into the slots, then lock the top into place.
  - The screen will read “Set Loaded” if the pump has properly identified the feeding set.
9. Set the end of the bag’s tubing into a clean cup.
10. Press the arrow next to **Prime**. Two options will appear. Choose **Auto Prime**.
11. The pump will let air out of the tubing on its own. It will stop when the formula is about 6 inches from the end of the tubing.
12. Hold down the arrow next to **Hold to Prime** until the formula runs to the end of the tubing and starts to drip out of the end. The screen will read, “Ready to feed.”
13. If you have used the pump before, your last settings were automatically saved. To use the same settings again, press **Keep Settings**.
14. If this is your first time using the pump, set the feeding rate as follows:
  - Select **Adjust Feed**.
  - Press the plus or minus arrows to increase or decrease the rate. (**Tip:** You can hold the arrows down to change the rate quickly.)
  - Once the correct rate appears, press **OK**. Then press **Done**. The screen should now match what your doctor has ordered.
15. Check tube placement, if you were asked to do so by your health care team.
16. Flush your feeding tube with \_\_\_\_\_ml of water as you were shown by your health care team.

## Connect the tube and run a feeding

1. Put the formula and pump in a backpack, if you have not already done so. Make sure it does not tip over.

**If you are not using a backpack:** Attach the pump to a pole. Hang the formula bag at least 10 inches higher than the pump.
2. Pick up the end of the tubing from the clean cup. Connect it to your feeding tube.
3. Select **Start** to begin receiving formula.
4. To pause your feeding
  - Select **Pause**. (You can only see this option when a feeding is in progress.)
  - If you pause for more than 10 minutes, an alarm will ring and “Pump Inactive” will appear on the screen.
    - Select **Continue** to return to the previous screen.
    - Disconnect and flush your feeding tube with \_\_\_\_\_ ml of water.
  - When you are ready to restart your feeding:
    - Flush the feeding tube with \_\_\_\_\_ml of water.
    - Reconnect the feeding bag.
    - Select **Start** to re-start the feeding.
5. An alarm will ring and “Feed Bag Empty” will display on the screen when the bag is empty. Check to see if the bag is empty and re-fill the bag if needed.
6. If you are done with the feeding:
  - Turn off pump (hold **Power** button down)
  - Disconnect the tubing
  - Flush your feeding tube with \_\_\_\_\_ml of water
  - Throw the feeding bag away
  - Wash the syringe, cups and other equipment

## Giving medicine through the tube

It is best to use liquid medicine. If your medicine comes as a pill, ask your doctor or pharmacist if it's safe to crush. **(Some medicines do not work the same when crushed.)**

1. Flush your feeding tube, if you haven't already done so.
2. Mix the medicine:
  - **For liquid medicine:** Mix liquid medicine with an equal amount of water.
  - **For medicine safe to crush:** Crush it into a fine powder using 2 spoons or a mortar and pestle. Mix the medicine with 1 to 2 tablespoons of slightly warm water.
3. Draw the medicine mixture up into a syringe.
4. Connect the syringe to the feeding tube and push in the medicine.
5. Add a little water to rinse your medicine cup. Inject this water into the tube so that you get all of your medicine. (Do this for crushed or liquid medicine.)
6. Flush your feeding tube with \_\_\_\_\_ml of water.
7. If you need to give another medicine, repeat these steps for each additional medicine.  
**Remember: Always flush your feeding tube before and after giving each medicine (unless your health care team tells you to do it differently).**

## Safety

- Store supplies in a clean, covered container off the floor and away from heat.
- If you were told to do so, sit up (or keep the head of your bed at 30 degrees) during the feeding and for 1 hour afterwards.
- **Liquid formula:**
  - Liquid formula can be out of the refrigerator for 12 hours at a time.
  - Store open containers of liquid formula in the refrigerator. Label containers with the date and time they were opened.
  - Throw liquid formula away after 24 hours. (Recycle empty formula cans.)
- **Powdered formula** can be out of the refrigerator for 4 hours at a time.
- You may be asked to weigh yourself two times a week.

### ***Important note about power cord safety***

- Don't pull on the cord to unplug it from the outlet. Instead, unplug it by grabbing and pulling on the power cord box.
- Check the power cord, box and outlet for missing parts after the plug is removed from the wall.
  - If any parts remain in the outlet, **don't touch.**
  - Call your care team for instructions.
  - If the power cord or adaptor looks broken, don't use the pump. Call your care team for instructions.

## Liquid measurements and conversions

- 1 ml (milliliter) equals 1 cc
- 30 ml equals 1 ounce
- 240 ml equals 8 ounces (this is 1 cup)
- 1 can or carton of formula equals \_\_\_\_\_ ml

## Water

You may be asked to give lukewarm water by syringe or in the feeding bag. This gives you extra fluid and keeps your tube from getting plugged. Use the schedule below:

### *Schedule*

Time: \_\_\_\_\_ Amount: \_\_\_\_\_ Finish: \_\_\_\_\_

Time: \_\_\_\_\_ Amount: \_\_\_\_\_ Finish: \_\_\_\_\_

Time: \_\_\_\_\_ Amount: \_\_\_\_\_ Finish: \_\_\_\_\_

Time: \_\_\_\_\_ Amount: \_\_\_\_\_ Finish: \_\_\_\_\_

Time: \_\_\_\_\_ Amount: \_\_\_\_\_ Finish: \_\_\_\_\_

You will have a total of \_\_\_\_\_ ml per day.

Please call a member of your health care team if you have questions or concerns about tube feeding.