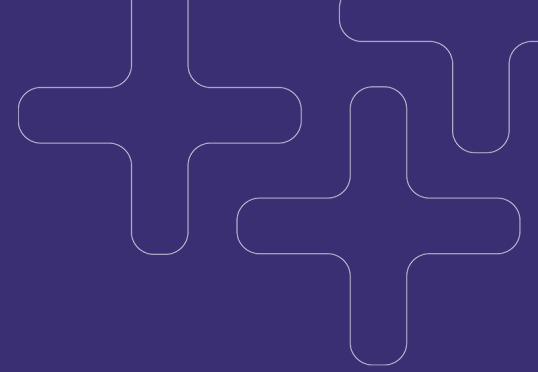


# Enteral Nutrition Administration: Gravity via Bag



Please refer to the “Patient Guide to Enteral Nutrition” booklet for additional information.

*This information is not intended to be a substitute for professional advice. Please follow the recommendations of your doctor, nurse, pharmacist or dietitian regarding your therapy.*



Fig. 1

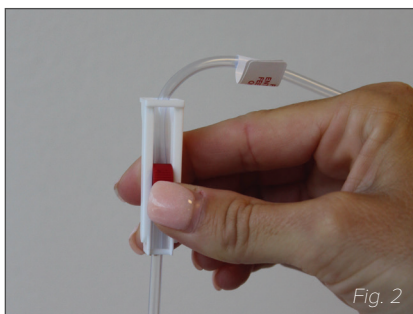


Fig. 2



Fig. 3

## Getting started

- Use a clean work area
- Clean your hands thoroughly using soap and warm water for at least **20 seconds** (if no soap and water is available, use an alcohol-based hand sanitizer)
- Dry your hands with a clean towel

## 1 | Prepare home tube feeding

- A. Gather your formula and supplies, placing on the clean work area. (See Fig. 1)
- B. Check expiration date on formula carton and make sure the formula name matches your order. Wipe top with a clean cloth and shake well before opening.

Opened cartons of formula should be immediately covered and refrigerated.

Product should not hang in the gravity bag for more than 12 hours

(if a reconstituted powder is used, it should not hang in the bag for more than 4 hours).

Use or discard any opened formula within 24 hours or per manufacturer recommendations.

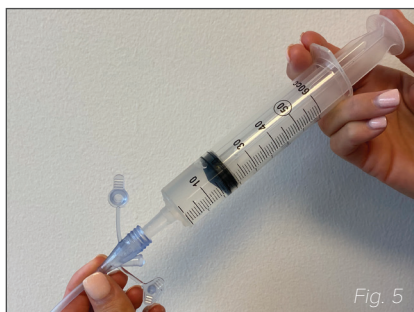
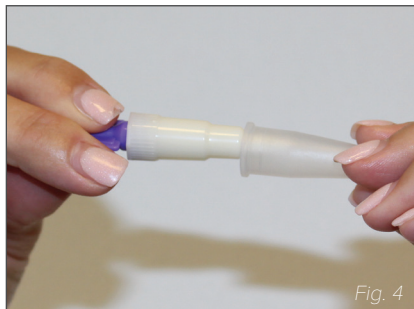
- C. Place a towel on your lap as formula may spill during administration.
- D. Sit in an upright position or elevate the head of your bed at least 30-45 degrees. **DO NOT** lay flat during feeding and for at least one hour after.

## 2 | Administer tube feeding

- A. Hang gravity bag on the IV pole.
- B. Ensure the roller clamp on the gravity bag tubing is in the “off” or down position. (See Fig. 2)
- C. Holding the gravity bag upright, open the lid and fill with ordered amount of formula. (See Fig. 3) Close cap securely and remove clear plastic cover from end of tubing. (See Fig. 4)
- D. Open the roller clamp slowly to the “on” or up position (See Fig. 2) and prime the tubing by letting the formula move through the tube until it reaches the end, then close the roller clamp again.



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- E.** If your feeding tube has a clamp, make sure it is in the closed position before opening the end of your feeding tube. If your tube does not have a clamp, pinch tubing before opening the end.
- F.** Open your feeding tube cap, unclamp tubing and flush feeding tube slowly with water. (See Fig. 5)
- G.** Connect the end of the gravity bag to your feeding tube and slowly open the roller clamp to the “on” or up position.
- H.** You may control the flow of your feeding by adjusting the position of the roller clamp up or down.
- I.** Once feeding is complete, disconnect the gravity bag and use the syringe to flush feeding tube slowly with water.
- J.** Close the end of the feeding tube and clamp tubing.
- K.** Rinse gravity bag thoroughly with warm water between feedings.

Use one gravity bag every 24 hours.

Feeding schedule	
Formula name(s):	
Goal amount/day:	
Goal rate:	
Interval/frequency:	
<b>Additional notes:</b>	

## Administering water flushes

Water flushes are administered to provide adequate hydration and to prevent tube clogging.

- Use a 60 mL syringe to flush your feeding tube slowly with lukewarm water
- Flush with \_\_\_\_\_ mL water before and \_\_\_\_\_ mL water after feeding
- Flush with an additional \_\_\_\_\_ mL water each day

Never use excessive force to flush your tube.

## Tips for success

- **DO NOT** give tube feeding if your stomach is upset or if vomiting.
- If you develop an uncomfortable feeling of fullness, slow down the feeding or wait one hour before giving more feeding.
- **DO NOT** put anything other than formula or water into the tube unless specifically instructed to do so by your healthcare provider.

Call your nurse or doctor with any questions or concerns



Your Option Care Health team is available on call 24/7/365 to assist you.

To view video instructions and access additional educational resources, visit [optioncarehealth.com/education](https://optioncarehealth.com/education).