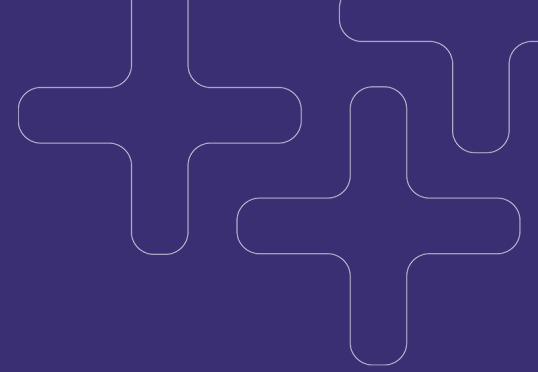


# Enteral Nutrition Administration: Syringe/Bolus



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. 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. 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.
- B. Open your feeding tube cap, unclamp tubing and flush feeding tube slowly with water. (See Fig. 2) Remove the syringe when done.
- C. Remove plunger from the back of the syringe and place tip of the syringe into the feeding tube.
- D. Hold the syringe upright and slowly pour formula into the open end of the syringe, using it as a funnel to allow formula to flow freely via gravity. (See Fig. 3) Continue to pour formula into the syringe until ordered amount is given.

Rapid administration may cause intolerance.

# Enteral Nutrition Administration: Syringe/Bolus

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

- E. Once feeding is complete, use the syringe to flush feeding tube slowly with water.
- F. Close the end of the feeding tube and clamp tubing.

## 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).