

## Tube Feeding

### Method of Delivering Tube Feeding & Tube Feeding Protocol:

You need to deliver \_\_\_\_\_ ml of formula within \_\_\_\_\_ minutes, \_\_\_\_\_ times per day. You need to flush your feeding tube with \_\_\_\_\_ ml of water after each feeding to prevent it from clogging.

### ADMINISTERING TUBE FEEDING



#### a) Position of Body:

You can walk, sit upright in a chair or sit propped up in a bed while receiving your tube feeding. If lying down, make sure your head is elevated at an angle of at least 45 degrees from the bed. Stay in the above acceptable positions during and up to 30 to 60 minutes after your tube feeding is finished.



**DO NOT LIE FLAT UNTIL THEN.** This will reduce the risk of **aspiration** (accidental entry of formula into the lungs).

#### b) Verifying Gastric Residuals:

1. You will need to check the gastric residuals prior to each feeding.
  2. With the syringe in place, slowly pull back on the plunger until you meet resistance. This will cause the stomach contents to enter the syringe.
  3. Note how much stomach contents or residuals can be withdrawn, and then slowly push it back to stomach. Flush with 30 ml water.
- \* **Any gastric residuals must be returned to the stomach.**
  - \* If the stomach is empty, nothing will be withdrawn.
  - \* **If the amount of residuals is greater than \_\_\_\_\_ ml, wait 30 to 60 minutes. Recheck every hour. If it continues to be high, do not attempt the feeding and report the problem to your doctor, nurse or dietitian.**

#### c) Giving the Tube Feeding

##### 1. To give yourself the feeding, follow these steps:

- Insert the tip of the tube from your food container into your feeding tube.
- Open the clamp slowly to adjust the speed of the feeding.
- Your meal should last 45 minutes to an hour. It is important to sit up or prop your head up while delivering your feeding. If you have choking or difficulty of breathing during a feeding, stop the feeding and call your doctor immediately.
- When the feeding is done, fill the food container with the amount of water your doctor prescribes. This provides fluids for the patient and flushes out the tube.
- After the water is given, roll the clamp down to turn off and disconnect the food container.

##### 2. Wash out the food container after each use:

- Use dishwashing liquid and water to wash the container. Rinse the container thoroughly.
- Use a clean food container for each feeding.

## **INFECTION CONTROL CONSIDERATIONS**

- \* Before you prepare your tube feeding, wash your hands with soap and water to reduce risk of infection. Use only clean equipment and administration set tubing with feeding bag.
- \* If reusing the feeding bag with tubing, rinse with warm water and dish soap 3 times a day. Use a clean bottlebrush to scrub inside the bag. Rinse again with warm water.

## **GIVING MEDICATIONS**

Medications may be given through the nasogastric tube if the doctor allows. Ask the doctor to order prescriptions in liquid form, if possible. You **cannot crush** just any medication. **Do not** mix medications. Give separately.

## **PROBLEM SOLVING**

### **A) FEELING SICK (NAUSEA)**

- \* Take your feeding more slowly.
- \* Sit up during your feeding. Do not lie down during and up to 60 minutes after your feeding is finished. Walk if you can after your feeding has finished.

### **B) DRY MOUTH OR FEELING THIRSTY**

- \* Always follow your schedule for water.
- \* For immediate relief, swab patient's mouth with moistened sponge-tipped toothed.

### **C) CONSTIPATION**

- \* Flush \_\_\_\_\_ml more water into your nasogastric tube after feedings.
- \* Ask your dietitian for a formula containing fiber if you are not already on it.

### **D) DIARRHEA**

- \* Always use formula that is at room temperature.
- \* Always use clean equipment.
- \* Take your feedings more slowly.

### **E) CLOGGED FEEDING TUBE**

- \* If completely blocked: **DO NOT** attempt to unblock with liquids or insert any foreign object into tube. Contact your doctor.
- \* If partially clogged: Flush your feeding tube with 60 ml of warm water. Then aspirate by pulling back on the plunger. Repeat several times. If it continues to be partially blocked, contact your doctor or nurse. A pancreatic enzyme may be prescribed.

**If you have any question please contact Division of dietetics & Nutrition**

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## Tube-feeding skill evaluation form

1. (    ) after feeding diarrhea if produced, the following does not help for diarrhea :
  - A. Making sure either tube-feeding tool is clean and no residual wash dirt.
  - B. Slowing feeding speed or use feeding bags can relieve diarrhea.
  - C. Making sure either the formula at room temperature over 4 hours.
  - D. Concentrate formula concentration (eg 300c.c foam formulations to 200c.c)
2. (    ) Mixing formula with hot water is easiest and best digestibility.
3. (    ) In order to provide enough water, 100~150c.c. of water can be added after tube-feeding.
4. (    ) Milk can be used as whole day nutrition source, will not affect health.
5. (    ) If the amount of residuals is greater than half of feeding formula , then slowly push it back to stomach. Recheck every hour.

No. of beds: \_\_\_\_\_ Score: \_\_\_\_\_

R.D: \_\_\_\_\_ Date: \_\_\_\_\_

1.	2.	3.	4.	5.

WHO is Tube-feeding skill evaluation :

- Family     Foreign domestic caregiver     caregiver     other