

## Guiding principle for tube feeding

### Steps of feeding

1. Sitting up at a 45-degree angle and keep in an upright position for 1 hour after the feeding is finished.
2. Clean your hands.
3. Gather your supplies in a clean and comfortable place.
4. Open the plug at end of feeding tube.
5. Flush feeding tube with 30-60ml of sterile water.
6. Wipe the top of the formula can with a clean cloth or paper towel. Pour the prescribed amount of formula into the empty container. Draw up the formula into the syringe.
7. Put the catheter tip syringe into the feeding tube or button adapter. Make sure that the tip of the syringe is placed firmly.
8. Unclamp the feeding tube and slowly push the plunger down. Clamp the feeding tube in between each syringe of formula to prevent leakage.
9. Refill the syringe with formula. Repeat the procedure until you have injected the prescribed amount of formula. Clamp the feeding tube.
10. Hold the syringe upright and fill it with 30-60 ml of sterile water.
11. After each feeding, pull the syringe apart and rinse all of the equipment with warm water. Let the supplies air dry.

### Important points

1. Always reclamp the feeding tube before removing the catheter tip syringe to avoid leakage.
2. Move the clamp on the feeding tube to avoid permanent kinking of the tube.
3. To avoid clogging, always flush the feeding tube with the amount of water recommended by NP or dietitian (usually 30-60 ml) before and after
  - Each feeding.
  - Taking each medication.
  - Taking additional clear liquids.