

Home Tube Feeding Guide: Syringe Method

Tube feeding guide for _____ Date _____

Type of feeding tube _____ Date put in _____

Feeding port _____

Your formula

Formula name _____ Total in 24 hours _____

Number of calories _____ Grams of protein _____

Your feeding schedule

Time of day				
Amount of formula				
<input type="checkbox"/> millilitres				
<input type="checkbox"/> Tetra Paks				
<input type="checkbox"/> bottles				

Water flushes

Remember to flush with at least 30 mL of water before and after each medicine.

Before feeding _____

After feeding _____

Total millilitres of water in 24 hours _____

Contact information

Formula and supplies _____

Community dietitian _____ Phone _____

Hospital dietitian _____ Phone _____

Fraser Health Virtual Care 10:00 a.m. to 10:00 p.m., daily 1-800-314-0999

Directions for syringe method

1. Gather your supplies.

- two 50 to 60 mL catheter-tip syringes
- formula (bag, Tetra Pak, bottle)
- measuring cup
- container or large cup filled with tap water at room temperature
- small towel

Note: Formula should be at room temperature.
If your formula is refrigerated, take it out 30 minutes before using it.

2. Wash your hands.

3. Position yourself

Position yourself to be upright.

- If you are in bed, use pillows to prop yourself up to at least a 30-degree angle.
- Remember to stay upright at all times during tube feeding and for at least 30 minutes after feeding. If you slouch or lie flat, formula could go up into your esophagus then into your lungs.

Place the small towel on your lap to catch any drips or small spills.

4. Flush your feeding tube.

Flushing your tube helps to clear anything that might be blocking it.

- Fill one syringe with the “before feeding” amount on page 1 (or at least 30mL of water) from the large cup of water.
- If you have a **feeding tube with a clamp**, make sure the clamp is closed.
- If you have a **feeding tube without a clamp**, pinch the tubing closed.
- Uncap the feeding port.
- Insert the tip of the syringe.
- Open the clamp or stop pinching the tube.
- Gently press the plunger to push the water through the tube.
- Clamp or pinch the tubing closed.
- Remove syringe from feeding port.

Closing the tubing keeps stomach contents from leaking out.

5. Begin your feeding – **Faster feed option**

- Use the measuring cup to pour out the “amount of formula” for feeding on page 1.
- Fill the second syringe with this formula by pulling back on the plunger of the syringe to suck the formula up from the measuring cup.
- Clamp or pinch the tubing closed.
- Uncap the feeding port.
- Insert the tip of the syringe into the tube.
- Open the clamp or stop pinching the tube.
- Gently press the plunger in to push the formula down the feeding tube.
- When feeding is finished, clamp or pinch the feeding tube closed.
- Disconnect the syringe from the feeding port.
- Cap your feeding port. You can open the clamp or stop pinching now.
- Repeat this process until you use all the formula.

5. Begin your feeding – **Slower feed option**

- Use the measuring cup to pour out the “amount of formula” for feeding.
- Remove the plunger from the second syringe.
- Clamp or pinch the tubing closed.
- Uncap the feeding port.
- Insert the tip of the syringe into the tube.
- Pour the formula into the empty syringe.
- Open the clamp or stop pinching the tube.
- Continue to pour as the syringe empties the formula down into your tube.

Tip: To slow the flow of formula into your stomach, hold the syringe closer to your body. To make it flow faster, hold the syringe away from your body.

6. Flush your feeding tube.

Follow Step 4, filling the syringe with the “after feeding” amount of water on page 1.

7. Clean your supplies.

See the booklet for more details.

Watch our [Tube Feeding](#) videos.

Go to Fraser Health's YouTube Channel (youtube.com/@Fraserhealth). Search “tube feeding”.

