

# Unclogging Your Feeding Tube

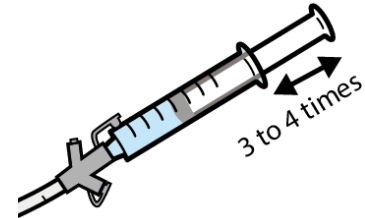
## Why feeding tubes clog and how to prevent it

Why feeding tubes clog	How to prevent it
Formula and medicines mix in the tube	Use separate syringes for water flushes and medicines. Keep your syringes clean.
Medicines are not crushed into a fine powder	Speak with your pharmacist about pill crushers or switching to a liquid form of the medicine.
Feeding tube is not flushed correctly	Flush your tube regularly. Flush with the amount of water recommended

Anytime you have a clogged tube, always try to unclog it with warm water first.

## Using water to unclog the feeding tube

1. Fill a syringe with 15 to 25 mL of warm water.
2. Insert the end of the syringe into the Feeding Port.
3. Push and pull the syringe's plunger 3 to 4 times while keeping hold of both the syringe and tube until you can push the water into the tube.
4. If this does not unclog the tube, use an unclogging kit.





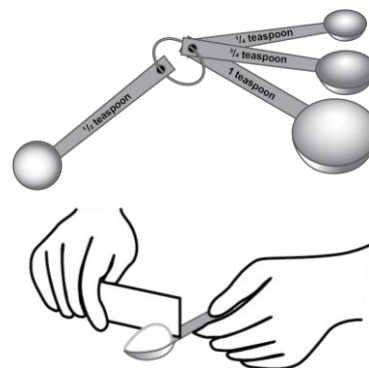
## Unclogging Your Feeding Tube - *continued*

### Using an unclogging kit

1. Crush one 325 mg tablet of sodium bicarbonate into a powder.

If you don't have sodium bicarbonate tablets, measure 2 mL ( $\frac{1}{2}$  teaspoon) of baking soda (another form of sodium bicarbonate).

Make sure you use a measuring spoon and level off the top. Don't use one of the spoons you use for eating.



2. Add the powder to a small dish or medicine cup.
3. Open one pancreatic enzyme capsule (for example Cotazym ECS 8®). Mix the contents of the capsule in with the sodium bicarbonate powder.
4. Add 5 mL of warm (not hot) water to dissolve the enzyme and powder.
5. Fill a 30 mL syringe with the dissolved enzyme and powder mix.
6. Attach an empty syringe to the Feeding Port.
7. Pull back on the plunger of the syringe to remove as much fluid as you can from the feeding tube. Throw this fluid away.
8. Attach the syringe with the dissolved enzyme and powder mix to the Feeding Port.
9. Push down on the syringe's plunger to put this mix into the feeding tube.
10. Close or clamp the Feeding Port closed, or leave the syringe attached.
11. Wait 30 minutes.
12. Now flush the feeding tube with 30 mL of tap water.
13. If the feeding tube does not flush, repeat steps 1 to 9.

If the feeding tube still does not flush after repeating steps 1 to 9 and you have checked that the tube isn't kinked, the tube needs to be replaced.

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