

# Your tube feeding plan – gravity or bolus feeding

Patient name: \_\_\_\_\_ Date: \_\_\_\_\_

Current weight: \_\_\_\_\_ Height: \_\_\_\_\_ Goal weight: \_\_\_\_\_

Tube type:      PEG      PEG-J      RIG      NG      NJ      Other: \_\_\_\_\_ (Circle one)

## Feed instructions

See over the page for instructions for gravity feeding or bolus feeding using a syringe.

## Feed details

Time	Feed Name	Volume (mL)

Flush your tube with \_\_\_\_\_ mL water before and \_\_\_\_\_ mL after each bolus feed.

Flush your tube with \_\_\_\_\_ mL water before and after medications.

Total number of bolus feeds to aim for per day	
Total fluid requirements/flushes per day	

Other instructions and comments:

Dietitian \_\_\_\_\_ Signed \_\_\_\_\_ Phone \_\_\_\_\_



### Gravity feeding using a syringe

- 1) Collect all the equipment you'll need (a 60 mL syringe, a measuring and pouring jug and your feed).
- 2) If you have safe drinking water, you can use tap water to flush your tube. Otherwise, use boiled, cooled water.
- 3) Wash your hands with warm, soapy water.
- 4) Sit so your back is at least 30 degrees above horizontal when you tube feed and for an hour after feeding. This helps the feed go into your stomach and not your lungs.
- 5) Your tube has centimetre (cm) markings. Always check that the flange (or bumper) on the tube is at the same cm marking before starting to tube feed.
- 6) Close your feeding tube clamp then open the cap at the end of your feeding tube. Remove the plunger from the syringe. Connect the syringe to your feeding tube.
- 7) Hold the syringe upright and pour the prescribed amount of warm water into the syringe to flush the tube (see over the page). Open the clamp on your feeding tube.
- 8) Pour the prescribed amount of feed into the syringe (see over the page). Allow the feed to flow into the feeding tube until it has gone. Close the clamp on your feeding tube.
- 9) Pour the prescribed amount of warm water into the syringe to flush the tube (see over the page). Open the clamp and flush the feeding tube.
- 10) Close the clamp and disconnect the syringe.
- 11) Close your feeding tube with the attached cap.



### Bolus feeding using a syringe

Bolus feeding is similar to gravity feeding. But with bolus feeding, you suck up the water (to flush the tube) or feed into a syringe, connect the syringe to the feeding tube and push the water or feed through the tube using the syringe's plunger.

*Written by Nutrition & Dietetics, Canterbury DHB. Last reviewed August 2021. Last updated November 2023.*