

## Tube Feeding General Instructions

### General Instructions

1. Follow **Tube Feeding Schedule** for feeding times and amounts.
2. Follow **Instructions** for type of feeding.
3. Wash hands with soap and warm water.
4. Gather needed supplies. These may include: feeding bag, 60 ml (2 ounce) syringe, feeding formula cans, pump, pole, and instructions.
5. Wipe tops of tube feeding formula cans with a clean towel\*.
6. Left over opened formula cans may be covered and refrigerated up to 24 hours.

\* Store formula cans at room temperature in a cool, dry place. Throw away any dented or rusted cans.

### Cleaning Feeding Tube and Supplies

- Use soap and warm water to gently clean skin around tube daily
- Use a new feeding bag every day.
- Throw away any unused tube feeding formula left in feeding bag **after 8 hours**.

### Water Flushing (How to Give Water through Feeding Tube)

1. Wash hands with soap and warm water.
2. Uncap and use 60 ml (2 ounce) syringe to draw up water. Draw water from a container or faucet. Pull back on plunger to pull water into syringe.
  - Tap water is safe for most people.
  - Room temperature water may be more comfortable.
3. Sit down in a comfortable chair.
4. Place water-filled syringe into Feeding Tube. Unclamp the Feeding Tube.
5. Attach and gently push plunger to force water from syringe into Feeding Tube.
  - **Or** set plunger aside, and hold syringe upright. Have container of water ready nearby. Pour water directly into open end of syringe. Let water run through syringe into Feeding Tube by gravity.
6. Clamp Feeding Tube and remove syringe.
7. Flush Feeding Tube **before and after** every feeding.

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### Call Health Care Provider if you have any of the following for 24 Hours

- Choking, Nausea, Vomiting, Diarrhea, or Constipation.
- Fever, Chills, Dry Mouth or Shortness of Breath.
- Painful area or Swelling around Tube (or Nose if NG-Tube).
- Redness or any change in color around Tube (or Nose).
- Pus or Liquid draining out of Tube (or Nose).
- Migration (movement) or Falling Out of Tube: **DO NOT USE TUBE.**
- Clogged, Blocked or Loose Tube: **DO NOT USE TUBE.**
- Syringe plunger not functioning. Do **not** use petroleum jelly on tube or syringe as it can irritate your stomach. Always uncap syringe before using.
- Tightness in Stomach or Pain during Feedings.
- Dark or Foul-Smelling Urine.

### Contact Numbers

UMMC/UMGCC Stoler Pavilion/Outpatient Clinic: 410-328-7450

UMMC/Radiation Oncology: 410-328-6080

**Your Health Care Provider's name(s) and number(s):**

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**PEG Tube**



**NG-Tube**



**G-Tube**

