

# BOLUS TUBE FEEDING



There are a variety of methods for delivering tube feeding. The bolus feeding method allows formula to flow directly into the stomach using a syringe or reusable squeeze pouch.

## TYPES OF BOLUS TUBE FEEDING

- **SYRINGE – PUSH METHOD**
- **REUSABLE SQUEEZE POUCH**

Your healthcare provider will work with you to determine the best delivery method and feeding schedule to meet your needs.

## PREPARING YOUR FEEDINGS

Follow these steps to prepare your tube feeding:

1. Wash your hands with soap and warm water
2. Clean your work surfaces
3. Gather equipment:
  - Formula
  - Gravity bag or syringe
  - 30-mL to 60-mL syringe
  - Clean cloth
  - Tap or bottled water
4. Label container with time and date

## CORRECTLY POSITION YOUR BODY BEFORE GETTING STARTED

- DO NOT lie flat during your feeding
- Keep your head raised at 30 degrees or more while administering your tube feeding
- Wait one hour after your feeding before you lie down



## DURING YOUR FEEDINGS

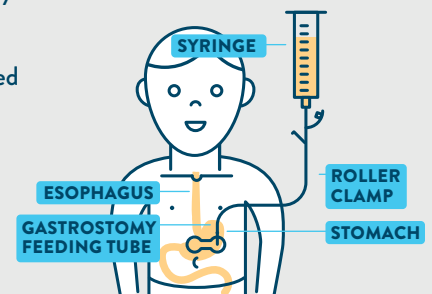
During Syringe “Push” Method:

1. Pour measured formula into a clean cup
2. Place the tip of the syringe into the formula, then pull back on the plunger to draw up the formula
3. Connect the syringe to the feeding port on the tube and slowly push the plunger to infuse formula through the tube into your stomach
4. Disconnect syringe from feeding tube, then repeat steps 2 and 3 until the prescribed amount of formula has been given
5. Take a break in between syringe pushes in order to slow down the speed of feeding and avoid stomach upset from feeding too fast

Note:

- Formula is drawn up into a 60-mL (2 fl oz) syringe, then slowly pushed through the tube into the stomach (the rate of the bolus can be carefully controlled this way).
- May take multiple syringe fillings based on your feeding prescription (four – 60-mL syringes will deliver one cup (8 fl oz) of formula).
- Ask your healthcare provider about maintaining the syringe, and how often it should be replaced.

SYRINGE BOLUS



## DURING YOUR FEEDINGS

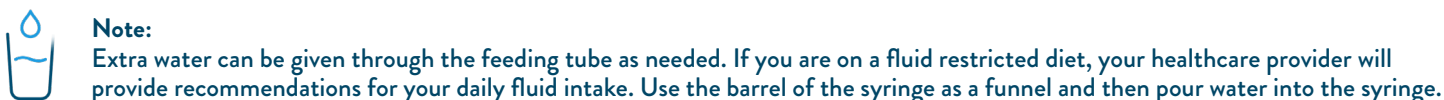
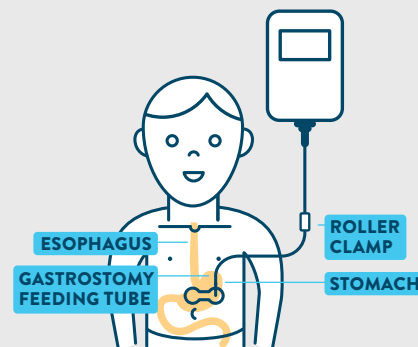
### During Reusable Squeeze Pouch Feeding:

1. Fill the reusable squeeze pouch with formula
2. Attach the cap to the squeeze pouch
3. Open the clamp and allow formula to flow, or push formula down towards the end of the tube to remove air
4. Attach the tip of the tube to your feeding tube or extension set
5. Slowly squeeze or roll the end of the bag until all the formula is gone

### Note:

- Formula or blenderized food is poured into a reusable 375-mL (12.5 fl oz) flexible container used to store and deliver tube feeding nutrition and water.
- The large cap connects the bag to the feeding tube or extension set.
- Thicker formulas and blenderized food can be squeezed through the system by squeezing or rolling up the flexible container.

## REUSABLE SQUEEZE POUCH

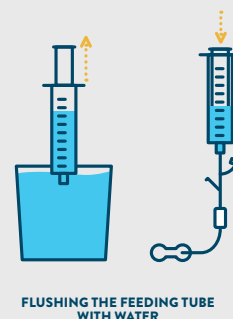


## AFTER YOUR TUBE FEEDING

Flush your feeding tube after each feeding, after and between each medication, or as directed by your healthcare professional. This step is important to keep the tube clean inside and to prevent clogging.

Here is how to do it:

1. Wash your hands with soap and warm water
2. Place the tip of the syringe into a cup of water and pull back on the plunger until there is 30-mL of water in the syringe (or the amount of water that your healthcare provider has prescribed for flushing the tube)
3. Attach the syringe to the feeding tube, unclamp the tube (if clamp is present), and slowly push the water into the feeding tube
4. Repeat until the desired amount of water is flushed through the tube
5. Remove the syringe from the feeding tube after flushing and close the port on the tube
6. Close the cap on the feeding tube until the next feeding



### Note:

- Ask your healthcare provider about care of the container and feeding set between feedings
- Cover any unused formula, write the date on it, and store it in the refrigerator
- Throw away any open, unused reconstituted formula or blenderized formula after 24 hours
- Throw away any open, unused ready-to-use formula that has been stored in the refrigerator after 48 hours



The above information has been reviewed and approved by the American Society for Parenteral and Enteral Nutrition.

Visit [anhi.org](https://anhi.org) for more resources on tube feeding



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