

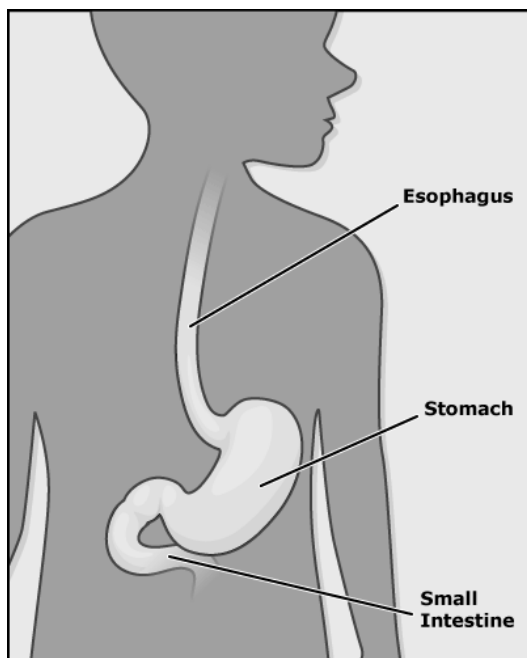


# Indiana University Health

Home Care Department - Enteral Nutrition Services

Tube feeding directly through the stomach is accomplished by using a gastrostomy tube (also called a G-tube or PEG).

Tube feeding can also be done through the small intestine. This is done using a jejunostomy (J-tube) or dual stomach/jejunal tube (GJ-tube). These tubes require **pump** feedings, please see the pump instructions located in your Home Care folder.

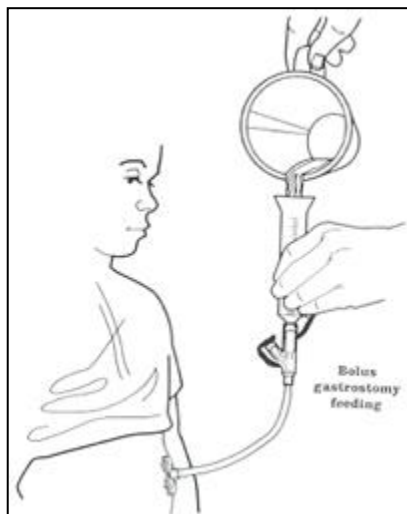


## **General Guidelines:**

- When administering a feeding, use room temperature water and formula
- Keep opened cans of formula refrigerated, covered, and labeled
- Throw away any formula that has been opened for 24 hours or longer
- Administer feedings while sitting up in a chair, propped up in bed, or standing
- Rinse out the syringe and extension tubing with warm water between feedings

## **Syringe/Bolus Feedings**

1. Gather supplies: syringe, water, formula, and towel.
2. Measure the amount of formula you will need for the feeding into a measuring cup.



3. Remove the plunger from the barrel of the syringe.
4. Place the syringe tip into the feeding tube port or extension tubing.
5. Hold the syringe above your stomach.
6. Begin by pouring 30-60ml of water into open syringe.
7. Once water is gone, pour formula slowly into the open syringe until gone. Raise or lower the syringe to change how fast the formula is flowing. Try to make the feeding last over 10-15 minutes to ensure formula tolerance.
8. After formula is completed, pour 30-60ml of water into open syringe. This will ensure the tube is clean and clear.

## **Tube Site Care**

Your feeding tube site should be cleaned once daily. If you experience drainage, use the provided gauze and tape around the tube, changing the gauze at least once daily.

1. Wash your hands.
2. Gather soap, cotton swabs, warm water and a clean wash cloth.
3. Clean skin with wash cloth, soap and water beginning at the tube site and working outward.
4. If the tube has a disk next to the skin, use a cotton-tipped swab to clean under the disk. Be careful not to pull at the tube.
5. Rinse with warm water.
6. You may shower and bathe with your tube, but do not submerge completely in water, such as in a swimming pool or bath tub, until 6 weeks after placement.

**Please call your dietitian if you experience any of the following:**

- Tolerance issues including nausea, vomiting, constipation, or diarrhea
- Questions or clarification on feeding order or schedule
- Questions regarding formula, equipment, or supplies
- Have not been able to take any formula for more than 24 hours

## **Questions? Concerns?**

Call IU Health Home

317-962-4600

1-800-258-9530



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