

## **GRAVITY BAG TUBE FEEDING ADMINISTRATION**

### **GETTING STARTED**

- Store formula at room temperature.
- Use a clean work area and clean your hands thoroughly.
- Dry hands with a clean towel.

### **GATHER YOUR SUPPLIES**

- Formula (room temperature)
- Water (room temperature)
- Gravity feeding bag
- IV pole or hook for hanging the gravity bag
- 60mL syringe
- Clean cup

### **PREPARE FOR FORMULA ADMINISTRATION**

- Close the roller clamp on the gravity bag (fully tightened).
- Wipe the top of the formula can with a clean cloth or paper towel. Pour the prescribed amount of formula into the feeding bag
- Hang the feeding bag 2 to 3 feet above you on either an IV pole or hook. It should be close to a comfortable chair or your bed.
- Hold the end of the feeding bag tube over a cup. Remove the cap at the end of the tube. Slowly open the roller clamp on the feeding bag tube. Allow the formula to run through the tubing, then close the clamp. This gets the air out of the tubing.
- Open the plug at the end of your feeding tube. Make sure your feeding tube is clamped. If you're using a tube without a clamp, pinch the end of the tube to avoid leakage or put the tube in a cup. (*For the rest of this resource, when we use the words "unclamp" or "reclamp," you should "unpinch" or "repinch" your feeding tube instead.*)
- Remove the plunger from the 60 mL syringe. Attach the syringe to the feeding tube. Fill syringe with the amount of water recommended by your healthcare provider. Unclamp your tube and flush the tube with water by letting it naturally drain in.
- Reclamp your feeding tube and disconnect syringe.



## FORMULA ADMINISTRATION

- Connect the end of the feeding bag tubing to your feeding tube. Make sure that the end of the tube is placed firmly. You can put a piece of tape over the connection to keep it from separating.
- Unclamp your feeding tube and slowly open the roller clamp on the feeding bag tubing. Allow the formula to drip in over the time stated by your medical professional (run over at least 30 minutes).
- Check the bag every 5 to 10 minutes. If the formula is flowing too fast or too slowly, adjust the roller clamp as needed. You can also lower or raise the bag to change the flow of the formula. As you do this more and more, you'll will learn how high to hang the bag.

## FINISHING UP

- When the feeding bag is empty, close the roller clamp on the tubing and close the clamp on your feeding tube. Disconnect the feeding bag and set it aside.
- Attach the 60 mL syringe to the feeding tube. Fill syringe with the amount of water recommended by your healthcare provider. Unclamp your tube and flush the tube with water by letting it naturally drain in.
- Clamp and cap your feeding tube.
- After each feeding, rinse the feeding bag and syringe with warm water. Let your supplies air dry. Use a new feeding bag every 24-48 hours to prevent infection.

## HELPFUL TIPS

- To avoid clogging, always flush your feeding tube with the amount of water recommended by your healthcare provider (at least 30mL) before and after:
  - Each feeding.
  - Taking each medication.
- If you aren't using your feeding tube daily, flush it with 60 mL of water at least once a day to avoid clogging.
- IF your feeding tube gets clogged, flush with 60mL of warm water and clamp tube to let water sit in tube and break down the clog. If this does not unclog the tube, call your healthcare provider.
- Move the clamp to different sections of your feeding tube to avoid permanent kinking the tube.
- Unopened cans of formula can be stored at room temperature for long periods of time, always check expiration date before administration.
- Cover open cans of formula and store them in the refrigerator between feedings. Throw away any open, unused cans of formula after 24 hours.
- Do not let formula hang in bag at room temperature for greater than 4 hours.

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