

## **BOLUS FEED ADMINISTRATION**

### **GETTING STARTED**

- Store formula at room temperature.
- Use a clean work area.
- Clean your hands thoroughly.
- It is recommended to have your head elevated at least 30 degrees during and 30-60 minutes after bolus feeding to prevent nausea and/or reflux.

### **GATHER YOUR SUPPLIES**

- Formula (room temperature)
- Water (room temperature)
- 60mL syringe
- Clean cup

### **PREPARE FOR FORMULA ADMINISTRATION**

- 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. Fill syringe with the amount of water recommended by your healthcare provider. Place the syringe into the end of your feeding tube, unclamp your tube and flush the tube with water by letting the water naturally drain in the tube.
- Reclamp your feeding tube. Keep the syringe attached to feeding tube.
- Wipe the top of the formula can with a clean cloth or paper towel. Pour the prescribed amount of formula into the clean cup.

### **FORMULA ADMINISTRATION**

- Unclamp your feeding tube.
- Slowly pour the formula into the top of the syringe, using the syringe as a funnel for the formula.
- Pour the recommend amount of formula letting the formula drain into stomach naturally.
- Reclamp your feeding tube. Keep syringe attached to tube.



**FINISHING UP**

- Fill syringe with the amount of water recommended by your healthcare provider. Unclamp your tube and flush the tube with water.
- Clamp and cap the feeding tube.
- After each feeding, rinse all the syringe and cup with warm water. Let your supplies air dry.

**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.