

Flushing Your Feeding Tube (The James)

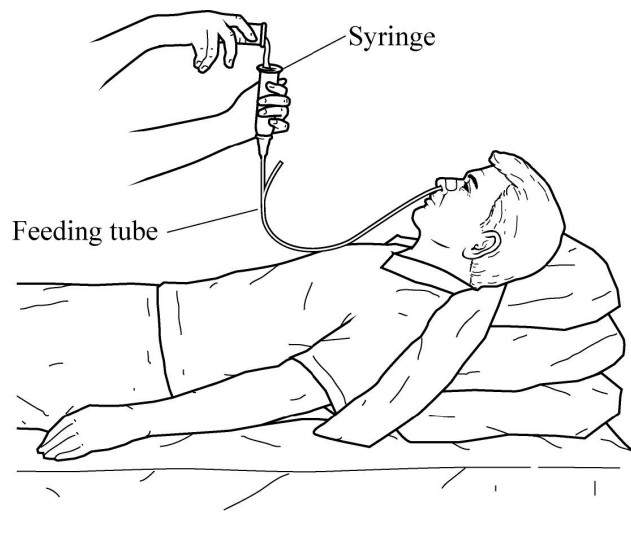
Flushing Your Feeding Tube

For your tube feedings, you may have a tube placed through your nose or in your stomach. Flush your feeding tube _____ times a day to keep it clear. Always flush your feeding tube:

- Before and after each feeding.
- Before, in between and after giving medicine.
- Before and after checking stomach residual.
- Every 4 to 6 hours if you are on a continuous feed pump.
- At least 1 time each day

Steps for Flushing Your Feeding Tube

1. Wash your hands with soap and warm water.
2. Sit upright in a chair or raise the head of your bed to at least a **45 degree angle**. You may also use pillows to prop yourself up in bed.
3. Check placement of your tube as you were directed told by your doctor, nurse or dietitian.
4. Use a 60 ml or larger syringe. Remove the plunger from the syringe so you can use it as a funnel.
5. If your feeding tube does not have a clamp, pinch the tube and open the cap at the end of the tube.
6. Put the tip of the syringe into the end of your feeding tube. If your tube has a second opening or Y- end, clamp it off.
7. Measure 30 ml or more of room temperature water. Use sterile water if ordered by your doctor
8. Pour the water into the syringe. Raise the syringe above your stomach. Let the water flow into your feeding tube by gravity. If the tube is in your nose, you will need to raise the syringe above your nose for the water to flow into your stomach.
9. Remove the syringe and close the cap on your tube.
10. Wash and rinse the syringe well. Let it air dry



Call your doctor if you have problems or are not able to flush your feeding tube.

Notes and Questions

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This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.

For more health information, call the Patient and Family Resource Center at 614-366-0602 or visit cancer.osu.edu/PFRC

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