

# Tube Feeding with a Syringe (BOLUS)



The following are general guidelines for administering your tube feeding.

**Before starting, follow your healthcare professional's instructions to check the position of your tube before you begin a feeding.**

## Supplies

1. Clean measuring cup with pour spout
2. Formula (room temperature)
3. Syringe (60 mL)
4. Water (room temperature)

## Preparation

1. Wash hands thoroughly.
2. Rinse the top of the formula container with hot water or wipe with clean wet paper towel.
3. Shake formula container well before opening.
4. Use syringe to flush feeding tube with water, as directed, by your healthcare practitioner.
5. Pour formula into clean measuring cup or directly into the syringe.

## Administration

1. Sit or lie with your head elevated at least 30 degrees (about the height of two pillows) and remain in this position for 30 to 60 minutes after each feeding.
2. Open (unclamp or uncap) feeding tube.
3. Fill syringe with formula and attach to feeding tube. Release feeding tube to allow formula to flow.
4. Raise or lower height of syringe to increase or decrease flow (feeding) rate.
5. If indicated, add more formula to syringe as formula flows into feeding tube.
6. After feeding, use syringe to flush feeding tube with water, as directed by your healthcare professional.
7. Detach syringe from feeding tube and close (reclamp or recap) feeding tube.



## Making your home tube feeding a pleasant experience

The transition to home tube feeding requires some adjustments and there are ways to make them easier. For example, talking to friends and family about your tube feeding may make you more comfortable with the transition. Or, consider scheduling your feedings during family meal time. If you choose to administer your feedings at other times, be sure to continue to engage in family and other social activities. The adjustment may require time and patience, but soon it will become a routine.

## Tube Feeding Resources

The following resources provide additional information regarding home tube feeding:

■ **Oley Foundation**

The Oley Foundation is a national, non-profit organization that provides information and emotional support to individuals and caregivers receiving tube feeding. [www.oley.org](http://www.oley.org)

■ **CaringBridge**

CaringBridge provides websites that connect people experiencing a major health issue to family and friends making the health journey easier. [www.caringbridge.org](http://www.caringbridge.org)

■ **Tube Feeding Awareness**

A group of parents who are raising infants and children with feeding tubes who want to share their experiences along the way in addition to raising awareness of tube feeding. [www.feedingtubeawareness.com](http://www.feedingtubeawareness.com)

■ **ParENTalk™**

This website provides resources and support, including instructional videos, for parents caring for a tube fed child. [www.parentalk.com](http://www.parentalk.com)

### NOTES

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This information is for educational purposes only and is not intended as a substitute for medical advice.