

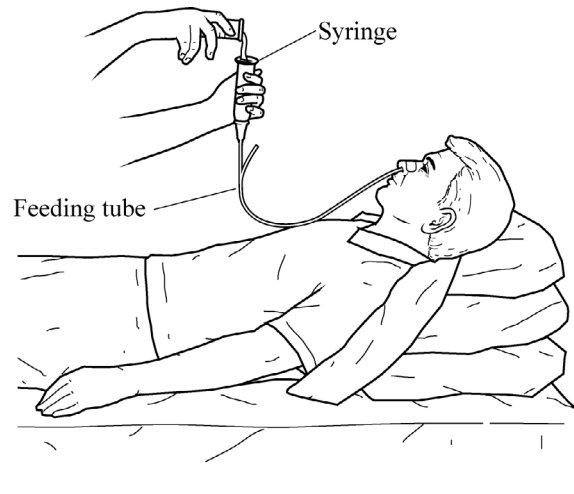
Flushing Your Feeding Tube

Always flush your feeding tube:

- Before and after each feeding.
- Before and after giving medicine.
- Every 4 to 6 hours if you are on a continuous feed pump. Some feeding pumps come with bags that do this automatically.
- At least 1 time each day even if you are not using the tube.

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 **30 degree angle**. You may also use pillows to prop yourself up in bed.
3. Use a 60 ml or larger syringe. Remove the plunger from the syringe so you can use it as a funnel.
4. If your feeding tube does not have a clamp, pinch the tube and open the cap at the end of the tube.
5. 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.



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

6. Measure 30 ml or more of room temperature water.
7. 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.
8. Remove the syringe and close the cap on your tube.
9. 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
