

Verification of Tube Feeding Orders

For: _____

- ✓ Formula: _____
- ✓ Flush tube with _____cc water **BEFORE** and **AFTER** each feeding to provide additional fluids and help keep the feeding tube clear.
- ✓ Use a new syringe/bag every day to help reduce the risk of infection.
- ✓ Opened cans of formula may be covered and kept at room temperature for up to 24 hours. If using refrigerated formula let it sit out at room temperature for 20 minutes.
- ✓ Dispose of any open/unused formula after 24 hours.
- ✓ Make sure to sit upright during feeding and for at least 30 minutes after feeding to prevent reflux or choking.

If you have immediate concerns or questions, please call our dietitian
toll free 24 hours per day:

1-800-965-2689

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

■ **CaringBridge**

CaringBridge provides websites that connect people experiencing a major health issue to family and friends making the health journey easier.

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

■ **ParENTalk™**

This website provides resources and support, including instructional videos, for parents caring for a tube fed child. www.parentalk.com

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



FLUSHING YOUR PEG TUBE

Your doctor may instruct you not to use your new feeding tube for up to 24 hours after surgery. After that, you will need to flush your feeding tube with water every day, even if you are not using it for tube feed formula. Flushing your tube helps to keep it clean and prevent clogging, and it provides you with additional fluid for hydration.

***Your doctor or dietitian will give you specific instructions regarding how much water to flush your tube with, and how often.**

We recommend flushing your PEG tube before and after feedings and medications, or at least once a day if you are not taking any formula through your tube.

To flush your tube:

- Gather the following supplies: 60 cc (2 ounce) syringe, clean cup filled with warm tap water (a container with a pour spout, such as a measuring cup, will help prevent spilling), towel, gloves (optional). You may measure out the exact amount of water your doctor has ordered you to flush with.
- Wash your hands or put on gloves.
- Place a towel in your lap to prevent spills.
- Remove the plunger from the syringe and set it aside (we recommend using only the barrel of the syringe as a funnel)
- Clamp your PEG tube closed using the white clamp on your tube. If your tube does not have a clamp, pinch the middle of the tube closed with your finger. This is recommended to prevent any fluid inside the tube from squirting out when you open the cap at the end of your tube.
- Open the cap at the end of your tube. Insert the tip of the syringe barrel into the opening, and pour water into the syringe.
- Unclamp your tube, and water should start flowing into tube by gravity.
- Once water has passed through tube, clamp your tube again.
- Remove the syringe from the end of your tube, and close the cap on your feeding tube. Your tube is now flushed.
- Rinse your syringe with water and store for next use. **Use a new syringe every day (optional).**

Lincare Enteral Services
Support Team on-call 24/7 at 1.800.965.2689

Troubleshooting Feeding Tube Clogs

A Pound of Prevention...

- Always Flush the tube immediately before and after feeding with a least 30 ml of water.
- Never mix your medicine with tube feeding unless otherwise advised to do so by your healthcare practitioner.
- Request elixirs or suspensions if available but be aware that some liquid preparations can cause diarrhea due to sorbitol content.
- Crush medicine to a fine powder and disperse in warm water. Always check with your pharmacist first to be sure it is okay to crush your particular medicines. Crush with mortar and pestle or other pull crushing device.
- Never crush an enteric-coated, time-released, or sustained-release tablet or capsule.
- Never mix fiber supplement with tube feeding formula unless otherwise instructed.
- Flush tube with at least 30 ml water before AND after fiber supplement administration if used.

OOPS! Your Tube is Clogged!

- Warm water is usually effective.
 - 60 ml syringes filled with lukewarm water.
 - Do not try to force the water in, gently and firmly push and pull the plungers back and forth.
 - Clamp the tube for a few minutes allowing the water to “soak”, repeat if necessary.
- Viokase has been shown to be effective in unclogging tubes.
 - 1 crushed tablet of Viokase or ¼ tsp Viokase powder. (you will need a prescription from your doctor for this)
 - 5 ml lukewarm water.

*We highly advise against using anything else such as carbonated beverages or meat tenderizer to unclog your tube. The mechanisms above have been shown to be much more effective.



Enteral Nutrition Reorders

We recommend placing an order 5-7 days before running out of prescribed items.

If you have less than five days of prescribed items on hand, we cannot guarantee expedited delivery.

Most insurances will not allow you to place an order more than 10 days before you are due for an order.

You can reorder your monthly supplies using one of the following methods:

- Calling 866-436-7685
 - Online by scanning the QR code below or visiting www.enteraltherapy.com
 - Ask your local Enteral Specialists to sign up for our Reorder SMS Text Service
 - The Reorder SMS Text Service will send a text message when it is time for you to reorder and provide you with an opportunity to place the order directly through your smart phone.
- A full statement of our SMS Terms and Conditions are available at www.lincare.com/smsterms

A few things to note:

- Online orders will be reviewed within one business day of submission.
- Estimate shipping depends on your location. If you have not received your order within three days of confirmation, please call 866-436-7685 for a status update.
- All reorder requests are subject to review of the shipping address, insurance information, and prescription on file. If there are any discrepancies, our Enteral Specialists will contact you.
- Questions on completing the online form? Please call 866-436-7685 to speak with an experienced team member.



Business and service philosophy.

As a customer, you are entitled to be treated as an individual – with friendliness, honesty, and respect.

Lincare wants all customers to be satisfied with our services. If questions or problems arise, we will attempt to satisfy you promptly.

Lincare's services:

- Your home medical equipment will be properly maintained and serviced by our trained personnel
- Comprehensive and understandable written and verbal instructions will be provided regarding the safe operation of equipment
- Emergency service is available 24 hours a day, seven days a week, by calling our local phone number
- Reimbursement assistance is available from our billing offices

Lincare's privacy practices:

As a Lincare customer, you have been advised of the company's privacy practices in compliance with the Health Insurance Portability and Accountability Act.

If you have any complaints regarding protected health Information, you may use Lincare's HIPAA Hotline at (800) 284-2006, ext. 6300, or email your concern to privacy.officer@Lincare.com.