

Patient Name: \_\_\_\_\_

**Patient Teaching Guide**  
**How to Prepare and Give your Feedings with a Syringe - Gravity Method**

My formula is: \_\_\_\_\_ Amount: \_\_\_\_\_ cc Every: \_\_\_\_\_ hours

1. Make sure that you have a clean and uncluttered work area.
2. Wash hands and wrists thoroughly
3. Gather supplies: formula, large syringe, water and clean, small towel
4. Clean the top of the formula can and shake it thoroughly
5. Place a small towel on the abdomen or lap
6. Remove the plastic tip covering the syringe and remove the plunger
7. Unclamp the catheter and hold it in such a way that the open end faces up towards the ceiling. Hold the tube level with the insertion site so that stomach contents do not flow out.
8. Slide in the tip of the syringe into the catheter and continue to hold it in such a way that the open end faces up towards the ceiling
9. If the tube feeding is new, you may want to check to see if the prior feeding has been absorbed. This is called checking for residual. Lower the syringe below the level of the stomach. If the syringe fills up, the prior feeding has not been fully digested. Raise the syringe again so that the stomach contents return for complete digestion. If there is little or no residual, proceed to the next step.
10. Pour small amounts into the syringe and let it flow into the stomach. You can control how quickly or slowly the formula flows by raising or lowering the syringe. Allow 15 – 45 minutes to administer the feeding, just as you would a regular meal. **If uncomfortable fullness occurs, slow down the feeding or wait 1 hour**
11. When the feeding is complete, the tube must be flushed to keep it clear. Add a small amount of lukewarm water (about 2 tbs to ¼ cup) to cleanse catheter.
12. Disconnect the syringe and clamp the catheter
13. Keep an upright body position for 30 to 60 minutes after the feeding is complete
14. Wash all your equipment with soap and warm water after each use



Notes and Questions for my doctor or nurse: \_\_\_\_\_  
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References

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ISMMP (Institute for Safe Management Practice) <http://www.ismmp.org/tools/donoterush.pdf>

