

Patient Name: _____

Patient Teaching Guide: How to Prepare and Give your Feedings – Pump Method

My formula is: _____ My Flow Rate is: _____ cc/hr For: _____ hours

1. Make sure that you have a clean and uncluttered work area.
2. Wash hands and wrists thoroughly
3. Gather supplies: formula, the feeding pump secured on the pole, the feeding bag, and a clean, small towel
4. Hang the feeding bag on the pole and close all clamps
5. Clean the top of the formula can and shake it thoroughly
6. Fill the feeding bag with approximately 4 hours worth of formula. Formula that hangs for more than 4 hours may spoil.
7. Unclamp the tubing and run the feeding through until you see it drip out of the end. This removes the air from the tubing.
8. Place a small towel on the abdomen or lap
9. Remove the plastic tip covering the bag tubing
10. Unclamp the feeding tube 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.
11. Attach the feeding bag tubing to the feeding tube.
12. Start up your pump at the prescribed flow rate. **If uncomfortable fullness occurs, stop the feeding and try again in 1hour**
13. When the feeding is complete, the tube must be flushed to keep it clear. Add a small amount of lukewarm water (about 2 tbsps to ¼ cup) to cleanse catheter.
14. Disconnect the syringe and clamp the catheter
15. Make sure to sit in an upright body position for 30 to 60 minutes after the feeding is complete
16. Wash all your equipment with soap and warm water after each use



Notes and Questions for my doctor or nurse: _____

References:

Heyland, Daren K., Jesse Heyland, Rupinder Dhaliwal, Sarah Madden, and Deborah Cook. "Randomized Trials in Critical Care Nutrition." *Journal of Parenteral and Enteral Nutrition* JPEN J Parenter Enteral Nutr 2010, no. 34 (2010): 697-706.

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