

# Tube Feeding by GRAVITY



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. Feeding container and tubing (gravity set)
2. Formula (room temperature)
3. Pole
4. Syringe (60 mL)
5. 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 professional.
5. Pour formula into feeding container and close cap.
6. Hang feeding container on pole so it is at least 18 inches above stomach.
7. If using a pre-filled feeding container, shake and connect as directed.
8. Open clamp on flow regulator until the formula fills the tubing.
9. Close clamp on the flow regulator.
10. Make sure drip chamber on the tubing is about half full.

## Administration

1. Sit or lie with 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. Connect tip on the end of gravity set into feeding tube.
4. Open flow regulator clamp to adjust flow rate, as directed by your healthcare professional.
5. After feeding, close and disconnect gravity set from feeding tube.
6. Use syringe to flush feeding tube with water, as directed.
7. 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.