

# Your Tube Feeding Schedule

In order to provide the nutrition you need, this schedule for your tube feeding and water flushes has been developed by your healthcare professional.

## Syringe feeding

Your tube feeding formula is \_\_\_\_\_

Use \_\_\_\_\_ cartons per day or \_\_\_\_\_ mL per day.

8 Deliver syringe feedings \_\_\_\_\_ times each day.

Example feeding times: \_\_\_\_\_

Each of your syringe feedings should include \_\_\_\_\_ carton(s) or \_\_\_\_\_ mL of formula.

**Before** each feeding, flush your tube with \_\_\_\_\_ mL of lukewarm water, using a 60 mL syringe\*.

**After** each feeding, flush your tube with \_\_\_\_\_ mL of lukewarm water, again using a 60 mL syringe\*.

You will need an additional \_\_\_\_\_ mL of free water per day.

\*Or appropriate size syringe directed by your healthcare professional.

| Time | Tube Flush<br>(mL before feeding) | Amount of Formula<br>(containers per feeding) | Rate for Gravity Feeding**<br>(drops per minute) | OR<br>Rate for Pump Feeding**<br>(mL per hour) | Tube Flush<br>(mL after feeding) |
|------|-----------------------------------|---|--|--|----------------------------------|
|      |                                   |   |  |  |                                  |
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|      |                                   |   |  |  |                                  |
|      |                                   |   |  |  |                                  |

\*\*Not necessary with bolus feeding

| Metric Conversion Table: | Standard | 1 tablespoon | 1 fluid ounce | 1 cup  | 1 quart |
|--------------------------|----------|--------------|---------------|--------|---------|
| Liquid (1cc = 1mL)       | Metric   | 15 mL        | 30 mL         | 237 mL | 946 mL  |

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## Gravity feeding

Your tube feeding formula is \_\_\_\_\_.

You will use \_\_\_\_\_ cartons per day or \_\_\_\_\_ mL per day.

Deliver your gravity feedings \_\_\_\_\_ times each day.

Example feeding times: \_\_\_\_\_

Each of your gravity feedings should include \_\_\_\_\_ carton(s) or \_\_\_\_\_ mL of formula.

**Before** each gravity feeding, flush your tube with \_\_\_\_\_ mL of lukewarm water, using a 60 mL syringe\*.

**After** each gravity feeding, flush your tube with \_\_\_\_\_ mL of lukewarm water, again using a 60 mL syringe\*.

You will need an additional \_\_\_\_\_ mL of free water per day.

\*Or appropriate size syringe directed by your healthcare professional.

## Pump feeding

Your tube feeding formula is \_\_\_\_\_.

Your total daily feeding should equal \_\_\_\_\_ cartons or \_\_\_\_\_ mL of formula.

Your goal pump flow rate is \_\_\_\_\_ mL per hour, for \_\_\_\_\_ hours per day.

Your feeding should be taken from \_\_\_\_\_ AM/PM to \_\_\_\_\_ AM/PM.

As you become more familiar with your feedings, you may want to vary the feeding times. Check with your healthcare professional.

If using a pump that offers a separate bag to deliver water for hydration, fill your water bag with \_\_\_\_\_ mL of water. Your flush rate is \_\_\_\_\_ mL every \_\_\_\_\_ hours.

If NOT using a pump that offers a separate bag to deliver water for hydration, flush your tube with \_\_\_\_\_ mL of water, using a 60 mL syringe\* \_\_\_\_\_ times per day.

Regardless of feeding system, you should flush your tube with \_\_\_\_\_ mL at start and stop of pump feedings to help keep your tube from clogging.

To assure adequate fluid intake, a total of \_\_\_\_\_ mL of lukewarm water should be delivered each day in addition to the formula.