Syringe Bolus Tube Feedings

Syringe bolus tube feedings are given at set times of day, often at meal times. This type of feeding can be done to take in a large amount of tube feeding at one time. It also gives you the freedom to move about and keep your normal routines when you are not using the feeding tube. A dietitian will give you information on the type, amount and times to give your tube feeding and room temperature water.

Supplies

- Measuring cup
- Tube feeding formula
- 60 ml or larger syringe that fits the tip of your tube
- Room temperature water – use sterile water if prescribed by your doctor

How to Give the Tube Feeding

1. If your tube feeding formula is stored in the refrigerator, allow it to warm to room temperature for 20 minutes. This helps prevent bloating and cramping.
2. Check your tube placement before each feeding. Read the handout, Checking for TubePlacement.
3. Check for stomach residual before each feeding. Read the handout, Checking for Stomach Residuals.
4. Sit up at a 45 degree angle or more during the tube feeding and for 30 to 45 minutes after the feeding. This will help prevent the tube feeding from coming back up from your stomach and going into your lungs.

This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.

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5. Remove the plunger from the barrel of the syringe.

6. Place the tip of the syringe into the end of your feeding tube.

7. Pour the ordered amount of room temperature water into the syringe.

8. Once the water has gone through the tube, pour the prescribed amount of tube feeding formula into the syringe. Allow the feeding to flow in slowly by gravity. The higher you hold up the syringe, the faster the feeding will flow.

9. After all the feeding has been given, pour in the prescribed amount of room temperature water.

10. Remove the syringe from the tube and clamp the tube.

11. Clean the syringe with warm soapy water. Rinse well and air dry. Store in a clean container.