

Tube feeding at home using gravity (syringe method)

For those patients who have a nasogastric tube (NG) or gastrostomy (PEG/ RIG) tube.

1. Assemble
equipment

2. Wash hands well
with soap and water

3. Draw up 60mL of
water into syringe



4. Kink feeding tube
(to stop backflow of
stomach contents)
and connect syringe

5. Perform *pre-*
feed water flush
using the start/
stop method

6. Kink feeding
tube and
disconnect the
syringe



Refer to your *tube feeding plan for home* for the feeding method you need to use

7a Plunger Method

1. Pour feed into a cup
2. Draw up feed into syringe
3. Connect syringe to feeding tube and slowly push feed through

OR

7b Gravity Method

1. Remove plunger from syringe
2. Connect syringe to feeding tube
3. Pour feed into syringe
4. Hold the syringe above the tube's insertion site at the stomach and allow feed to empty by gravity



The higher the syringe is held, the faster the rate of feed delivery.

8. Once the feed is finished, kink feeding tube and disconnect syringe

9. Perform *post-feed* water flush using the start/ stop method (repeat steps 3-6)

10. Wash all equipment in warm soapy water, rinse, let air dry and store in a dry, cool place

