

# GRAVITY TUBE FEEDING



There are a variety of methods for delivering tube feeding. Gravity tube feeding is a hands free way to infuse formula slowly into the stomach or small intestines.

## TYPES OF GRAVITY TUBE FEEDING

- **GRAVITY - BAG FEEDING**
- **GRAVITY - SYRINGE METHOD**

**Your healthcare provider will work with you to determine the best delivery method and feeding schedule to meet your needs.**

## PREPARING YOUR FEEDINGS

Follow these steps to prepare your tube feeding:

1. Wash your hands with soap and warm water
2. Clean your work surfaces
3. Gather equipment:
  - Formula
  - Gravity bag or syringe
  - 30-mL to 60-mL syringe
  - Clean cloth
  - Tap or bottled water
4. Label container with time and date

## CORRECTLY POSITION YOUR BODY BEFORE GETTING STARTED

- DO NOT lie flat during your feeding
- Keep your head raised at 30 degrees or more while administering your tube feeding
- Wait one hour after your feeding before you lie down



## DURING YOUR FEEDINGS

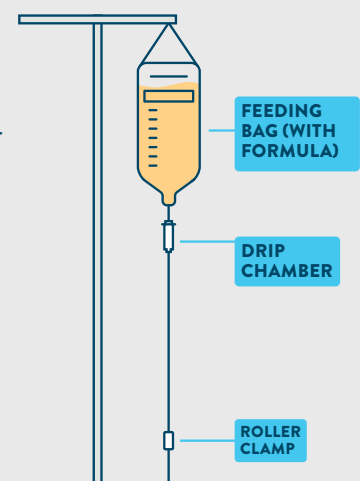
During Gravity Bag Feeding:

1. Close the roller clamp of the gravity bag and then fill with the prescribed amount of formula
2. Hang the bag above your head (about 2 feet) and to the side using a hook or IV pole
3. Open the roller clamp to allow the formula to flow towards the end of the feeding set to remove the air from the line (this is called priming the line) and reclamp once the formula gets within an inch or two of the tip
4. Connect the tip of the feeding set to your feeding tube and then unclamp to allow the formula to flow
5. Use the roller clamp to slow down the gravity infusion as needed

**Note:**

- Raising the height of the bag or syringe will allow formula to flow faster, while lowering the bag or syringe will slow down the flow of formula.
- Ask your healthcare provider about care of the gravity bag and how often they should be replaced.

### GRAVITY FEEDING

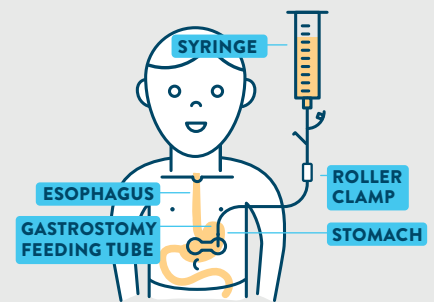



## DURING YOUR FEEDINGS

### During Syringe “Gravity” Feeding:

1. Remove the plunger from the barrel of the syringe
2. Connect the syringe tip to the feeding tube
3. Hold the syringe above your stomach
4. Pour measured formula into the syringe - this may take multiple syringe fillings based on your feeding prescription
5. Allow the formula to flow into the feeding tube until gone (about 15 to 20 minutes)
6. Take a break in between syringe pours in order to slow down the speed of feeding and avoid stomach upset from feeding too fast

### SYRINGE BOLUS



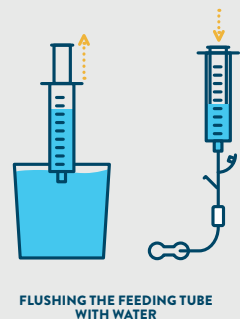
 **Note:** Extra water can be given through the feeding tube as needed. If you are on a fluid restricted diet, your healthcare provider will provide recommendations for your daily fluid intake. Use the barrel of the syringe as a funnel and then pour water into the syringe.

## AFTER YOUR TUBE FEEDING



Flush your feeding tube after each feeding, after and between each medication, or as directed by your healthcare professional. This step is important to keep the tube clean inside and to prevent clogging.

Here is how to do it:

1. Wash your hands with soap and warm water
2. Place the tip of the syringe into a cup of water and pull back on the plunger until there is 30-mL of water in the syringe (or the amount of water that your healthcare provider has prescribed for flushing the tube)
3. Attach the syringe to the feeding tube, unclamp the tube (if clamp is present), and slowly push the water into the feeding tube
4. Repeat until the desired amount of water is flushed through the tube
5. Remove the syringe from the feeding tube after flushing and close the port on the tube
6. Close the cap on the feeding tube until the next feeding



### Note:

-  Ask your healthcare provider about care of the container and feeding set between feedings
-  Cover any unused formula, write the date on it, and store it in the refrigerator
- Throw away any open, unused reconstituted formula or blenderized formula after 24 hours
- Throw away any open, unused ready-to-use formula that has been stored in the refrigerator after 48 hours



*The above information has been reviewed and approved by the American Society for Parenteral and Enteral Nutrition.*

Visit [anhi.org](https://anhi.org) for more resources on tube feeding



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