

ENFit® Nasogastric (NG)/ Nasointestinal (ND, NJ) Feeding Tube: Care and Use Instructions

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Follow the instructions in this booklet to use and care for your feeding tube.

For more information about this feeding tube, visit the web site at <https://www.mykangaroolearning.com/enfit-connection-system-canada>

We have inserted an **ENFit® Feeding Tube** through your nostril into your:

- Stomach (Nasogastric or NG tube)
- Duodenum (Nasoduodenal or ND tube)
- Jejunum (Nasojejunal or NJ tube)

On one end of the tube are the **ports** (or openings).

- One port is to give yourself food and water
- The other port is for medicine.

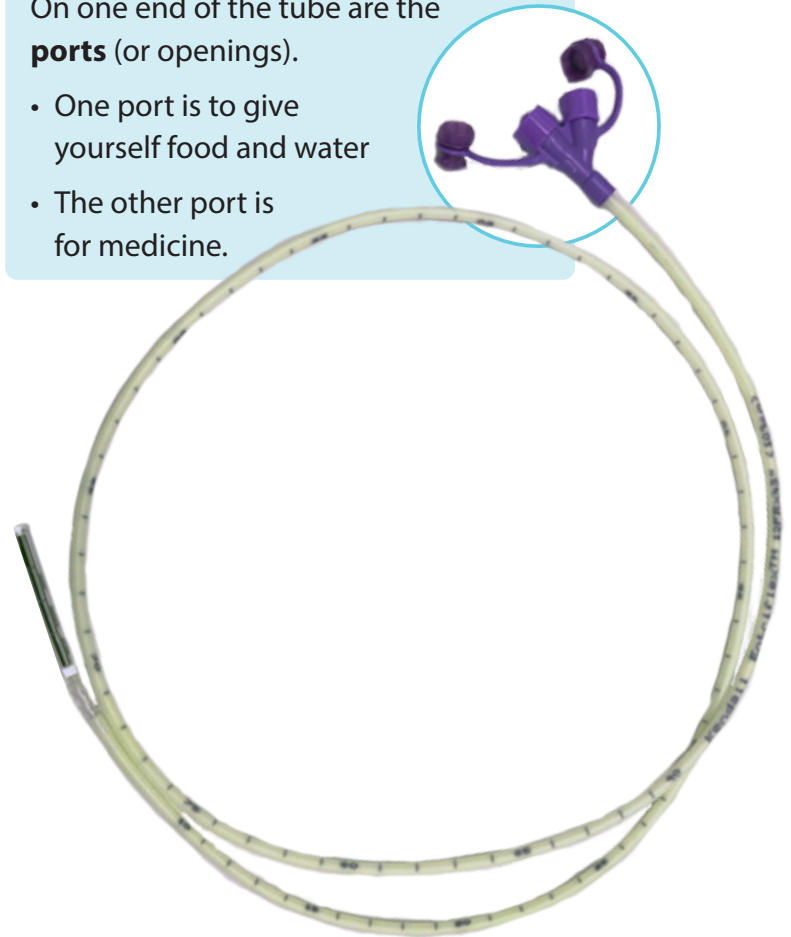


Fig. 1 Photo of an ENFit® Nasogastric/Nasointestinal Feeding Tube with the ports highlighted

MY ENFIT® NG/ND/NJ FEEDING TUBE

About My Feeding Tube

Tube size: French Date inserted: dd / mmm / yyyy

Centimetre marking (tube position): cm

The tip of the tube is in the: Stomach Duodenum Jejunum

Name of doctor who inserted the tube:



Fig. 3 Close up photo of the feeding port's moat and cap on an ENFIT® NG/ND/NJ feeding tube

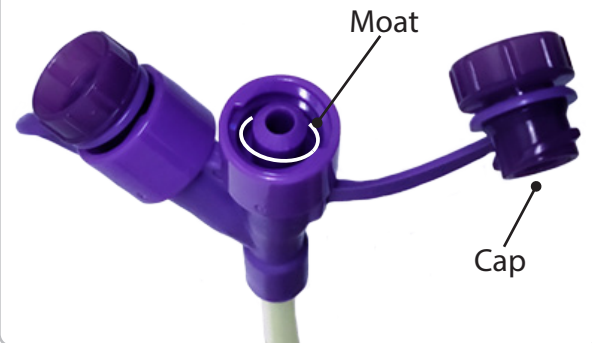


Fig. 2 Photo of an ENFit® NG/ND/NJ Feeding Tube with the parts labelled

MY TUBE FEEDING PLAN

About My Formula

Name of formula:

Amount of formula each day: mL

Amount of water added each day: mL

My formula and water flushes provide me with:

calories g of protein

mL of water each day

Pump feed rate: mL/hour

Gravity feed: Each feeding takes about minutes

In addition to my formula, I may also have:

Through the feeding tube:

By mouth:

My Formula Schedule

Time	Amount of Formula

My Flushing Schedule

THROUGH THE FEEDING PORT:

If you are on **intermittent*** feedings: Flush with mL **before** and mL **after** each feeding

Flush with mL **every** **hours during** feedings

If you are on **continuous**** feedings: Flush with mL **every** **hours**

THROUGH THE MEDICINE PORT:

If you are **receiving medicines** through the tube: Flush with mL **before and after** each medicine

*Intermittent feeding is provided multiple times a day over 20 to 60 min.

**Continuous feeding is provided at a constant rate over 24 hours.

MY CARE TEAM

Hospital Dietitian Name:

Telephone Number:

Doctor's Name:

Telephone Number:

Visiting Nurse Name:

Telephone Number:

Community Dietitian Name:

Telephone Number:

Home and Community Care
Support Services Name:

Telephone Number:

Pharmacy Name:

Telephone Number:

Other:

Telephone Number:

Other:

Telephone Number:

Other:

Telephone Number:

Your team will help you with any questions you may have about tube feeding at home.

For tube issues and troubleshooting:

Cardinal Health Canada Customer Service:

1 (800) 964-5227

For Kangaroo Pump issues and troubleshooting:

Cardinal Health Kangaroo Customer Service:

1 (800) 268-7916

Questions for my Care Team:



MY SUPPLIES AND EQUIPMENT CHECKLISTS

Before you leave the hospital, **Home and Community Care Support Services** will visit you and talk to you and your family about equipment you will need for tube feeding. The equipment will then be sent to your home.

When you are home, your visiting nurse, dietitian, or therapist can answer your questions. They will also tell you how and where to get the equipment and medical supplies you need.

To flush your feeding tube

- 35 mL or 60 mL ENFit® syringe (during feedings and medicines)
- Room temperature tap water, sterile water, or distilled water



To tube feed

- Intravenous pole
- Nutritional formula **at room temperature**
- Feeding bag (for gravity feeds)
- Feeding pump set (feeding bag with tubing)
- Feeding pump
- NG tube tape

To give medicines

- 35 mL or 60 mL ENFit® syringes
- Large bore medicine straw with ENFit® connection
- Pill crusher
- Medicine cup(s)
- Gauze
- Liquid medicine, or
- Solid medicine crushed and mixed in 30 to 60 mL (or mL) of tap, sterile, or distilled water



To clean equipment (after feedings and medicine)

- Warm tap water
- Mild dish soap
- Mixture of 60 mL (1/4 cup) vinegar and 250 mL (1 cup) water



To clean the stoma site and feeding tube

- Mild soap (such as unscented baby soap)
- 2 to 3 soft cloths
- 2 cotton-tip swabs
- 2 clean towels
- Basin
- 35 mL or 60 mL ENFit® syringe
- Gauze
- 250 mL (1 cup) tap water, sterile water, or distilled water
- Toothbrush or ENFit® specific cleaning tool



ENFit® specific cleaning tool

To clear a clog

With water only:

- 35 mL or 60 mL ENFit® syringe
- Warm tap water, sterile water, or distilled water

With declogging medicine:

- 60 mL ENFit® syringe
- Large bore medicine straw with ENFit® connection
- 1 capsule of Cotazym (pancrealipase)
- 1 - 500 mg tablet of Sodium Bicarbonate
- Medicine cup
- Warm sterile water
- Gauze





Care and Maintenance of your Feeding Tube and Equipment

- Flush the feeding tube via the **feeding port**:
 - Before and after each feeding.
 - Every 4 to 6 hours during continuous feeding, or when you interrupt continuous feeding.
 - As per the flushing schedule prescribed during intermittent feedings (p. 3).
 - Every 8 hours, if you are not using the tube.
- Flush the feeding tube via the **medicine port**:
 - Before and after each medicine. If you have more than one medicine, flush between medicines.
- Clean the outside of your feeding tube and the ports **every day**.
- Clean your feeding bag/pump set and syringes **at least once a day**.
- Ask your home tube feeding team about how often you should reuse your equipment. If you clean them well every day, you can use the feeding bag/pump set and syringes for about 1 week before you must throw them out.
- Change the feeding tube tape if it begins to peel off or becomes soiled.



feeding tube tape

Personal Care Tips

Weight:

- Weigh yourself **once a week**. If you notice any weight changes, speak with your home care dietitian.

Mouth care:

- Rinse or swab your mouth **3 times a day** using 5 mL (1 tsp) baking soda in 500 mL (2 cups) of warm water.
- Ask your nurse about mouth care and cleaning your teeth.

What is tube feeding?

Tube feeding is when a specialist places a tube in your stomach or small intestine (duodenum, jejunum, and ileum - see figure 4 for a diagram of the digestive tract). You get your food and medicines through this tube. The food is in the form of a liquid nutritional formula. The medicines must be in liquid form, or finely crushed and mixed in water.

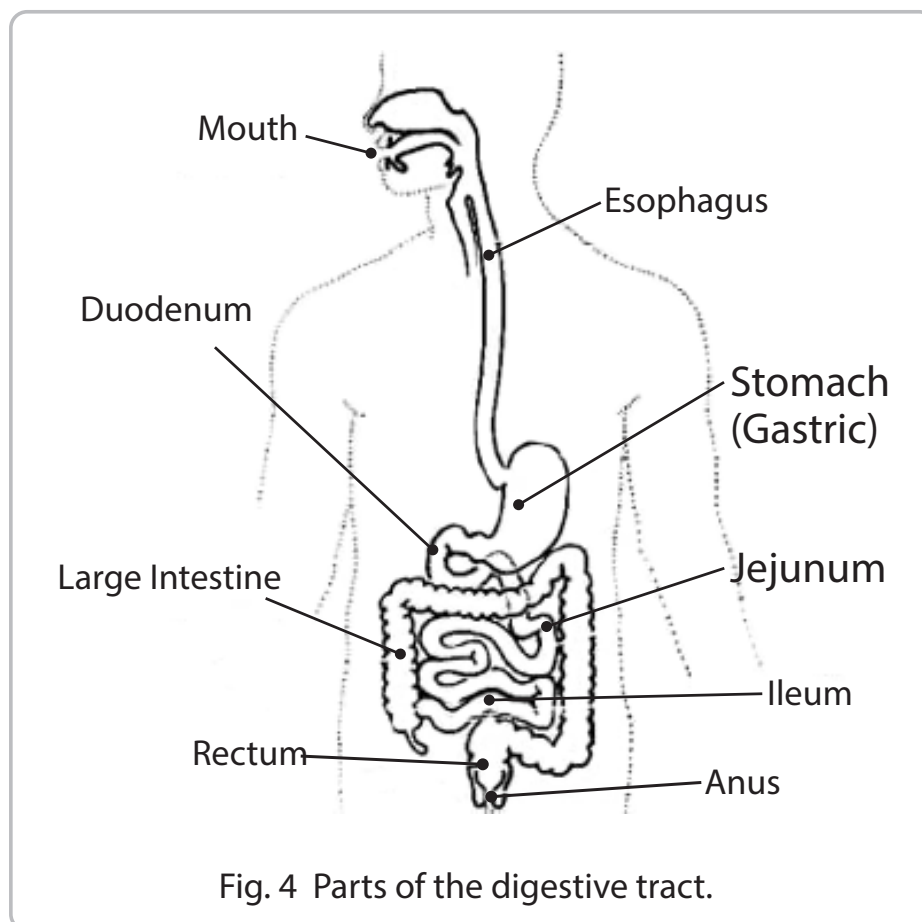
Why do I need tube feeding?

People normally get nutrients from the foods they eat. However, your condition prevents you from eating enough food. A feeding tube helps you get the daily nutrition you need.

What is a nutritional formula?

A **nutritional formula** is a mixture, complete with all the nutrients you need, such as protein, fat, carbohydrates, vitamins, and minerals.

This formula is fed through your tube and into your stomach or intestines. Your body absorbs these nutrients through your digestive tract, just like if you were eating with your mouth.



HOW TO FLUSH YOUR FEEDING TUBE

Flush the tube via the **feeding port**:

- Before and after each feeding.
- Every 4 to 6 hours during continuous feeding, or when you interrupt continuous feeding.
- As per the flushing schedule prescribed during intermittent feedings (p. 3).
- Every 8 hours, if you are not using the tube.

Flush the tube via the **medicine port**:

- Before and after each medicine. If you have more than one medicine, flush between medicines.

IMPORTANT! When flushing:

- **Do not** use acidic fluids, such as cranberry juice, or cola drinks, to flush your feeding tube. If the acidic fluid mixes with leftover formula, it can cause clogs.
- **Do not** use excessive force. Pressing the plunger too hard and too quickly can rupture the tube or injure your gastrointestinal tract.



Gather your supplies:

- 35 mL or 60 mL ENFit® syringe
- Room temperature tap water, sterile water, or distilled water



1 Prepare the ENFit® syringe with water:

Fill the ENFit® syringe with water by pulling the plunger. Use the amount prescribed in *My Flushing Schedule* (p. 3) for feedings and medicines.

2 During feedings:

Open the cap of the **feeding port** and attach the syringe tip to the port. Gently and slowly push the plunger down, letting the water run through the tube.

During medicines:

Open the cap of the **medicine port** and attach the syringe tip to the port. Gently and slowly push the plunger down, letting the water run through the tube.



3 After flushing:

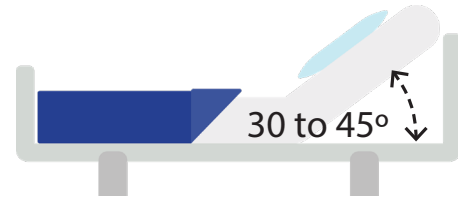
Remove the syringe. Resume your feeding or medicines or close the cap of the port.

HOW TO TUBE FEED

When tube feeding:

- **Do not** lie flat while tube feeding. This can cause **aspiration** (when food or liquids go into your lungs).
- You can walk or sit up in a chair while tube feeding.
- If you want to lie down during the feeding, elevate your head at a 30 to 45 degree angle from the bed (see figure 5). You can do this by using blocks or books to prop the head of your bed until it is 6 inches off the ground.
- After you finish feeding, stay in an upright position for 30 to 60 minutes.

Fig. 5 If lying down during a feeding, elevate your head at a 30 to 45° angle from the bed.



Gather your supplies:

For feeding:

- Intravenous (IV) pole
- Nutritional formula **at room temperature** (if refrigerated, leave it at room temperature for at least 30 minutes before using it)
- Feeding bag (for gravity feeds)
- Feeding pump set (feeding bag with tubing)
- Feeding pump
- NG tube tape

For flushing:

- 35 mL or 60 mL ENFit® syringe
- Room temperature tap water, sterile water, or distilled water

For cleaning equipment after feeding:

- Warm tap water
- Mild dish soap

Throw your formula away if it is:



- Expired.
- A powdered formula that has already been mixed with water and sitting for more than 4 hours.
- A liquid formula that has been opened, covered, and placed at room temperature for more than 8 hours.
- A liquid formula that has been opened, covered, and placed in the refrigerator for more than 24 hours.
- A closed system formula that has been open for more than 48 hours.

- Mixture of 60 mL (¼ cup) vinegar and 250 mL (1 cup) water



1 Clean your hands with soap and water.

2 Prepare containers of formula:

a. Before you open the formula containers, clean the tops of the formula containers with warm, soapy water. Rinse well. Then, shake the formula containers well.

b. Open the formula. If there is a clamp (for example, on the feeding bag tubing), make sure it is **closed** before you pour the formula into the feeding bag.

- If you have formula left over, write the date and time opened on the container, seal it with plastic wrap or tin foil, and store it in the fridge.



c. Hang the feeding bag on the IV pole (or coat rack, clothes hanger, etc.).

- If you are using a feeding pump, make sure the bottom of the feeding bag hangs higher than the top of the feeding pump.



3 Make sure that your feeding tube is in the correct position.

- Look at the centimetre marking on the tube and compare it to the centimetre marking recorded on page 2. If they are different, adjust the tube.

4 Flush your feeding tube via the feeding port. See, *How to Flush your Feeding Tube (p. 9)*.



5 If you are tube feeding using the GRAVITY method:

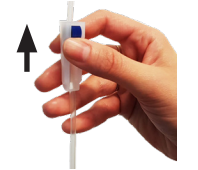
a. Hold the end of the feeding bag tubing upright to prevent spills.



b. Open the clamp on the feeding bag tubing. Let the formula move to the end of the feeding bag tubing to remove the air.

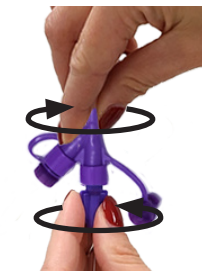


c. Close the clamp of the feeding bag tubing when the feed reaches about 1 inch (or from the tip of your thumb to the first knuckle) from the end of the tube.



d. On your feeding tube, connect the end of the feeding bag tubing to the **feeding port**.

Position your **feeding tube facing down** when connecting to the feeding bag tubing to prevent build up of formula in the port's moat.



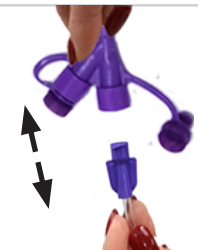
e. Slowly open the clamp on the feeding bag tubing. If feeding is too slow, open the clamp more.



f. When the formula in your feeding bag is finished, close the clamp on the feeding bag tubing.



g. Disconnect your feeding tube from the feeding bag tubing. Close the feeding port cap.



Go to *Step 6 (p. 13)* to flush your feeding tube.



5 If you are tube feeding using a FEEDING PUMP:

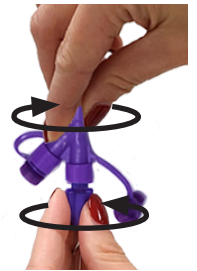
- a. Insert the pump set tubing into the loading area of the pump.
- b. Set the pump to prime. This moves the formula to the end of the pump set tubing.

Stop priming when the feed reaches about 1 inch (or from the tip of your thumb to the first knuckle) from the end of the pump set tubing.



- c. On your feeding tube, connect the end of the pump set tubing to the **feeding port**.

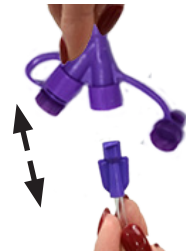
Position your **feeding tube facing down** when connecting to the pump set tubing to prevent build up of formula in the port's moat.



- d. Set the pump to run at mL/hr. Push START or RUN on the pump.

- e. When the formula in your feeding bag is finished, stop the pump.

- f. Disconnect your feeding tube from the the pump set.
Close the feeding port cap.



Go to *Step 6 below* to flush your feeding tube.

6 After you have finished your feeding, flush your feeding tube again.

See, *How to Flush your Feeding Tube* (p. 9).



7 Clean the equipment:

- a. Throw away any formula left in the feeding bag.

- b. At a sink, fill the feeding bag/pump set and ENFit® syringe with warm water. Rinse the feeding bag/pump set, tubing, and syringe by letting the water run through them into the sink.

- c. Wash the feeding bag/pump set and syringe with mild dish soap and warm water. Rinse thoroughly.

- d. Mix 60 mL (1/4 cup) vinegar with 250 mL (1 cup) water. Add the solution to the feeding bag/pump set, and syringe.

- e. Let the feeding bag/pump set and syringe sit in a clean sink for 10 minutes.

- f. Empty out the solution, and rinse the bag/pump set and syringe thoroughly with warm water. Let air dry.

8 Clean your hands with soap and water.

Remember to stay upright for at least 30 to 60 minutes after you finish feeding.



HOW TO GIVE MEDICINES

When giving yourself medicine:

- Use liquid medicine when possible.
- If you take solid medicine, speak to your pharmacist about your options.
 - » If your pharmacist says it is okay to take the solid medicine through your feeding tube, you must first crush it into a powder and dissolve it in water to prevent any clogs in your feeding tube.
 - » There are 2 ways to prepare solid medicine - Option 1 is to prepare the mixture in an ENFit® syringe (see p. 17) and Option 2 is to prepare the mixture in a medicine cup (see p. 18).
- After you give yourself medicine(s), stay upright for about 30 minutes.

IMPORTANT!



- **Never** crush enteric-coated or slow release medicine. The coating will only dissolve in the small intestine.
- **Never** mix medicine with formula.
- If you have more than one medicine, always flush the tube **before** you inject another medicine.



Gather your supplies:

For giving medicines:

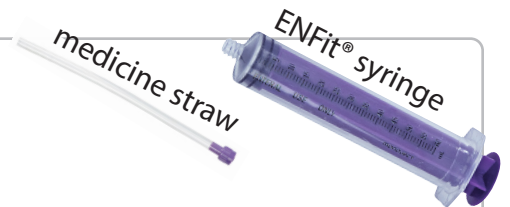
- | | |
|---|--|
| <input type="checkbox"/> 35 mL or 60 mL ENFit® syringes | <input type="checkbox"/> Liquid medicine, or |
| <input type="checkbox"/> Large bore medicine straw with ENFit® connection | <input type="checkbox"/> Solid medicine crushed and mixed in 30 to 60 mL (or <input type="text"/> mL) of water |
| <input type="checkbox"/> Pill crusher | <input type="checkbox"/> Gauze |
| <input type="checkbox"/> Medicine cup(s) | |

For flushing between medicines:

- | | |
|--|--|
| <input type="checkbox"/> 35 mL or 60 mL ENFit® syringe | <input type="checkbox"/> Room temperature tap water, sterile water, or distilled water |
|--|--|

For cleaning equipment after medicines:

- | | |
|---|--|
| <input type="checkbox"/> Warm tap water | <input type="checkbox"/> Mixture of 60 mL (¼ cup) vinegar and 250 mL (1 cup) water |
| <input type="checkbox"/> Mild dish soap | |




For a video on filling and giving medicine with ENFit® connectors, go to:

<https://avanosmedicaldevices.com/digestive-health/neomed-videos/#ENFit>



1 Clean your hands with soap and water.

2 If you have LIQUID medicine:

If you have more than one liquid medicine, prepare a separate ENFit® syringe for each medicine. 

- a. Unscrew the cap of an ENFit® syringe and place the tip of the syringe into the liquid medicine. Pull the plunger out to draw up the amount of liquid medicine your doctor prescribed.

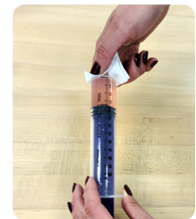
If needed: Use a large bore medicine straw to draw up the medicine. Remove the straw once you have finished using it.



- b. Press the plunger to push the extra air out of the syringe. Get rid of any air bubbles in the syringe by gently tapping the bottom of the syringe on the table or flicking it with your finger.



- c. Make sure the tip and moat of the syringe do not have any medicine on them by cleaning the area with a piece of gauze.




- d. Screw the cap back onto the syringe(s) until you are ready to use.



Go to *Step 3 (p. 19)* to flush your feeding tube before injecting your medicine.



2 If you have SOLID medicine (tablet or pill form) - OPTION 1: Preparing it in the syringe

If you have more than one solid medicine, prepare a separate ENFit® syringe for each medicine. 

- a. Crush the solid medicine until it is a very fine powder. If you have more than one solid medicine, crush each medicine separately. Set aside.

- b. Unscrew the cap of an ENFit® syringe and pull the plunger out completely.



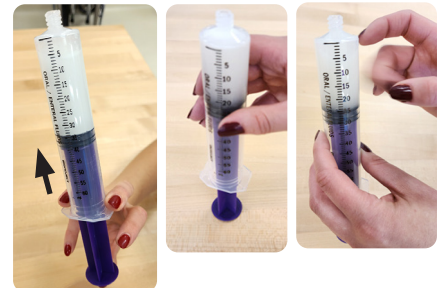
- c. Screw the cap back on, then fill the syringe with 30 mL to 60 mL (or mL) water. Then, add the crushed medicine by slowly pouring it into the syringe.



- d. Place the plunger back into the syringe to create a seal. Gently mix the crushed medicine and water together, using a slow rocking motion. When completely mixed together, hold the syringe with the cap facing up, and then unscrew the cap of the syringe.



- e. Press the plunger to push the extra air out of the syringe. Get rid of any air bubbles in the syringe by gently tapping the bottom of the syringe on the table or flicking it with your finger.



- f. Make sure the tip and moat of the syringe do not have any medicine on them by cleaning the area with a piece of gauze.



- g. Screw the cap back onto the syringe(s) until you are ready to use.



Go to *Step 3 (p. 19)* to flush your feeding tube before injecting your medicine.



2 If you have SOLID medicine (tablet or pill form) - OPTION 2: Preparing it in a medicine cup

If you have more than one solid medicine, use a separate medicine cup and separate ENFit® syringe for each medicine.



- a. Crush the solid medicine until it is a very fine powder. Place the crushed medicine in a medicine cup. Set aside.



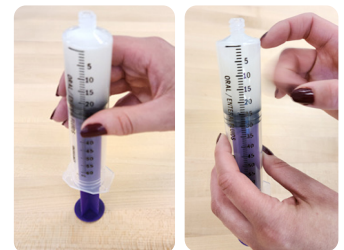
- b. Fill the (or each) medicine cup with 30 mL to 60 mL (or mL) water. Mix the crushed medicine and water together until completely mixed together.



- c. Unscrew the cap of the ENFit® syringe and screw on the large bore medicine straw. Place the end of the straw into the mixture and pull the plunger out to draw up as much of the medicine through the straw and into the syringe as possible. Remove the straw once you have finished using it.



- d. Press the plunger to push the extra air out of the syringe. Get rid of any air bubbles in the syringe by gently tapping the bottom of the syringe on the table or flicking it with your finger.



- e. Make sure the tip and moat of the syringe do not have any medicine on them by cleaning the area with a piece of gauze.



- f. Screw the cap back onto the syringe(s) until you are ready to use.



Go to *Step 3 (p. 19)* to flush your feeding tube before injecting your medicine.



3 Flush your feeding tube via the medicine port. See, *How to Flush your Feeding Tube* (p. 9).

4 Inject the medicine:

- a. Unscrew the cap of the ENFit® syringe.
- b. Open the **medicine port** and attach the syringe tip to the port. Push the plunger slowly to inject the medicine.

Position the **feeding tube facing down** when connecting to the syringe to prevent build up of medicine in the port's moat.



If you have another medicine to inject, repeat *Steps 3 and 4*. Always flush your feeding tube **before** injecting another medicine.



5 After you have finished injecting all your medicines, flush your feeding tube again. See, *How to Flush your Feeding Tube* (p. 9).

6 Clean the equipment (syringes, medicine straws):

- a. At a sink, fill the syringes and medicine straws with warm water. Rinse them by letting the water run through them into the sink.
- b. Wash the equipment with mild dish soap and warm water. Rinse thoroughly.
- c. Soak the syringes and straws in a solution of 60 mL (1/4 cup) vinegar with 250 mL (1 cup) water for 10 minutes.
- d. Empty out the solution, and rinse the equipment thoroughly with warm water. Let air dry.

7 Clean your hands with soap and water.

Remember to stay upright for at least 30 minutes after you have given yourself medicine(s).



HOW TO CLEAN THE FEEDING TUBE

Clean the ports and the outside of the feeding tube **every day** to prevent oily build up on the feeding tube and feed or medicine build up in the moat of the ports.

Gather your supplies:

- | | |
|--|--|
| <input type="checkbox"/> Mild soap (such as unscented baby soap) | <input type="checkbox"/> 35 mL or 60 mL ENFit® syringe |
| <input type="checkbox"/> 1 or 2 soft cloths | <input type="checkbox"/> Basin |
| <input type="checkbox"/> 2 clean towels | <input type="checkbox"/> Gauze |
| <input type="checkbox"/> 250 mL (1 cup) tap water, sterile water, or distilled water | <input type="checkbox"/> Toothbrush or ENFit® specific cleaning tool |



1 Clean your hands with soap and water.

2 Clean the outside of your feeding tube:

- a. Using a soft cloth, clean the outside of the tube with warm, soapy water. Be careful not to pull or manipulate the tube. Rinse thoroughly and pat gently with a clean towel to dry.

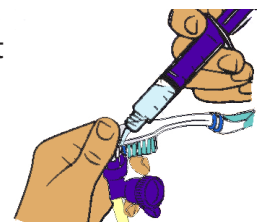
3 Clean the feeding and medicine ports of your feeding tube:

- a. Rinse the toothbrush with tap water (or follow the manufacturer's instructions if using the ENFit® specific cleaning brush).

- b. Fill the ENFit® syringe with water.



- c. Plug the centre hole of one of the ports with brush bristles. This is to prevent water from going into the tube. Push the plunger of the syringe down forcefully to flush the moat (the space around the hole) with water.



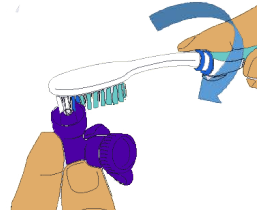
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Step 3 of How to Clean the Feeding Tube continued on page 21



3 Clean the feeding and medicine ports of your feeding tube (continued):

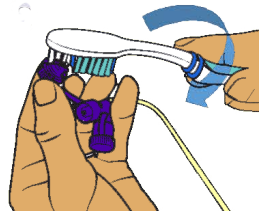
d. Rotate the brush around the bottom of the moat.



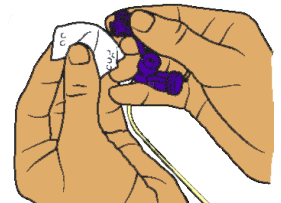
e. Rinse the port's cap with the clean water from your syringe.



f. Insert the bristles into the port's cap and rotate the brush around the inside of the cap to clean.



g. Use the gauze to wipe the port and cap dry.



h. Repeat steps 3a to 3g to clean the other port.

4 Make sure the feeding tube is in the correct position. Look at the centimetre marking on the tube and compare it to the centimetre marking recorded (*p. 2*). If they are different, adjust the tube.

5 Clean the equipment. Wash and rinse the syringe and toothbrush/ENFit® specific cleaning tool well. Let it air dry.

6 Clean your hands with soap and water.



For a video on how to clean your ENFit® connectors, watch **Cleaning ENFit® Connectors** on the web site: <https://avanosmedicaldevices.com/digestive-health/neomed-videos/#ENFit>

HOW TO CLEAR A CLOGGED TUBE

Your feeding tube can clog if you do not flush it or give medicine correctly. It can also clog from:

- Thick and sticky medicine or medicine that is not crushed well
- Thick formulas (concentrated or enriched formulas)
- Formula that was leftover and clotted after mixing with medicine or acidic fluids
- Stomach or intestinal contents moving up the tube (reflux).

IMPORTANT! Use **water only** to clear a clog.

- **Do not** use cranberry juice, cola drinks, meat tenderizer, chymotrypsin, or other liquids suggested on the internet. These can cause a harmful reaction or can create clogs instead of clear them.
- **Do not** insert any objects into the tube to remove a clog. You can puncture the tube.

If you still feel resistance when pushing the plunger or the water does not flow back out of the tube, contact your doctor. **We may need to replace your tube.**



Gather your supplies:

35 mL or 60 mL ENFit® syringe



Warm tap water, sterile water, or distilled water

1 Clean your hands with soap and water.

2 Check the feeding tube:

- a. Straighten or unclamp any sections of your feeding tube that are bent or clamped off.
- b. If the clog is above the skin line, gently massage the tube between your fingers to break it up.

3 Use water to loosen the clog:

- a. Unscrew the cap of the ENFit® syringe. Place the tip in a container of warm water and pull the plunger to fill it with 15 to 30 mL of water. Attach it to the port of the affected part of the tube (**feeding or medicine port**).
- b. Gently push and pull the plunger of the syringe to loosen the clog. Once the clog comes loose, push it the rest of the way into your stomach.

4 a. When finished, wash and rinse the syringe well. Let it air dry.

b. Clean your hands with soap and water.

HOW TO CLEAR A CLOGGED TUBE USING DECLOGGING MEDICINE

Your doctor may prescribe you with *declogging medicine* to help unclog your tube.



Gather your supplies:

- 60 mL ENFit® syringe
- Large bore medicine straw with ENFit® connection
- 1 capsule of Cotazym (pancrealipase)
- 1 - 500 mg tablet of Sodium Bicarbonate
- Medicine cup
- Gauze
- Warm sterile water



1 Clean your hands with soap and water.

2 Prepare the declogging medicine:

- a. Crush 1 tablet of sodium bicarbonate. Open 1 capsule of cotazym.
- b. Dissolve them together in a medicine cup with 5 mL of sterile warm water.
- c. Unscrew the cap of the ENFit® syringe and screw on the large bore medicine straw. Place the end of the straw into the medicine cup mixture and pull the plunger out to draw up as much of the medicine through the straw and into the syringe as possible. Remove the straw once you have finished using it.
- d. Press the plunger to push the extra air out of the syringe. Get rid of any air bubbles in the syringe by gently tapping the bottom of the syringe on the table or flicking it with your finger.
- e. Make sure the tip and moat of the syringe do not have any medicine on them by cleaning the areas with a piece of gauze.



3 Use the medicine to unclog the feeding tube:

- a. Attach the syringe to the port of the affected part of the tube (**feeding or medicine port**). Push the plunger slowly until the mixture is in the feeding tube.

- b. Clamp your feeding tube for 5 to 15 minutes (you may leave the mixture in the tube for up to 1 hour if the clog is hard to clear).

4 Refill the syringe with 20 to 30 mL of sterile warm water. **Flush your feeding tube** via the port of the affected part of the feeding tube (**feeding or medicine port**). See, *How to Flush your Feeding Tube* (p. 9).

5 Clean the equipment (syringes, medicine straws):

- a. At a sink, fill the syringes and medicine straws with warm water. Rinse them by letting the water run through them into the sink.

- b. Wash the equipment with mild dish soap and warm water. Rinse thoroughly.

- c. Soak the syringes and straws in a solution of 60 mL (1/4 cup) vinegar with 250 mL (1 cup) water for 10 minutes.

- d. Empty out the solution, and rinse the equipment thoroughly with warm water. Let air dry.

6 Clean your hands with soap and water.

COMMON PROBLEMS AND SOLUTIONS

FEELING OR PROBLEM	WHAT YOU CAN DO	WHEN TO CALL FOR HELP
<p>Sick to your stomach (nausea) (feel like you are going to throw up) or Cramps (pain or soreness in your stomach area)</p>	<ul style="list-style-type: none"> • Slow down your feeding rate. • Open the feeding port to let gas out of your stomach. • To prevent nausea or cramps, sit up during feeds and for up to 1 hour after feeds. Do not lie down. • If you can, walk when you are done your feeding. • To prevent cramping, use only room temperature formula. 	<p>If nausea lasts longer than 2 days, call your doctor.</p> <p>If cramping and pain do not stop after you have let gas out, call your doctor.</p>
<p>Vomiting (throwing up) or Aspiration (food or liquids go into your lungs) during or after feeding</p>	<ul style="list-style-type: none"> • To prevent this, sit up while the feed is running. • Do not lie down for up to 1 hour after feeds. • If vomiting, stop feeding. Try taking a medicine for nausea and vomiting (such as Gravol). 	<p>If vomiting continues after taking medicine or you think you have aspirated, call your doctor right away or go to the hospital.</p>
<p>Dry mouth or thirst</p>	<ul style="list-style-type: none"> • Flush the feeding tube with the recommended amount of water every day. • For quick relief, swab your mouth with moistened, sponge-tipped toothettes. 	<p>If you are still thirsty, talk to your dietitian, doctor, or other healthcare provider.</p>
<p>Diarrhea (too many bowel movements (BM), more than normal, or they are watery)</p>	<ul style="list-style-type: none"> • Slow down your feeding rate. • Give more water flushes. 	<p>If you have diarrhea, speak to your dietitian, doctor, or other healthcare provider.</p>



FEELING OR PROBLEM	WHAT YOU CAN DO	WHEN TO CALL FOR HELP
<p>Constipation (trouble having regular BMs, they are hard and you cannot pass them easily)</p>	<ul style="list-style-type: none"> • Give more water flushes. 	<p>If you are constipated, speak to your dietitian, doctor, or other healthcare provider.</p>
<p>The feed connector is stuck to the feeding port of your feeding tube</p>	<ul style="list-style-type: none"> • Soak in warm soapy water, and try to unscrew under water. • Do not use excessive force or tools such as pliers when trying to unscrew the stuck tubes. • To prevent this, clean the feeding and medicine ports every day or when you see formula or medicine in the moat. 	<p>If the tube cracks while trying to unscrew the connector from the port, call your doctor or to the emergency room.</p>
<p>Blocked tube (fluids cannot go through the tube because of buildup inside the tube)</p> <p><i>Go to p. 22 to 24 for detailed instructions on how to unclog a blocked tube.</i></p>	<ul style="list-style-type: none"> • Use an ENFit® syringe with 15 to 30 mL of warm water to gently flush the tube. Try pulling back and forth with the syringe plunger (<i>p. 22</i>). • Do not use cranberry juice, cola drinks, meat tenderizer, chymotrypsin, or other liquids suggested on the internet to unclog the tube. • If you were prescribed an enzyme to unclog the tube, try this now. Follow the instructions (<i>p. 23</i>). 	<p>If your tube is still blocked, call your doctor or go to the emergency room.</p>
<p>Tube falls out or is not in place</p>	<ul style="list-style-type: none"> • Do not flush, use, or try to replace your tube yourself. 	<p>Go to the nearest emergency room and call your doctor.</p>

WHEN TO CONTACT YOUR DOCTOR



IMPORTANT! Contact your doctor right away if any of the following occurs:

You have:

- Pain, pressure, or discomfort in your belly (it looks bloated or feels hard when gently pressed)
- Unusual fever (temperature at or above 38.5°C or 101.3°F)
- Vomiting, diarrhea (loose, watery stool), or constipation (hard stool)

The tube:

- Feels loose or comes out
- Is damaged, cracked, or discoloured
- Cannot be unclogged

Your doctor may have to replace your tube. If the tube is dislodged or moving, secure the tube into position with tape first, then call your doctor for instructions. If you are living in a facility, they may also have a process on how to replace the tube.

