

Home Enteral feeding Instructions



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Enteral Feeding is a nutritional liquid formula delivered via a tube going into the gastrointestinal tract, for patients who cannot take food and nutrients through their mouth because of health conditions. Feeds can be administered via syringe or feeding bags (with or without feeding pump). The method selected is dependent on the nature of the feed and the patients' clinical status.

Instructions for a safe home enteral feeding administration:

Hygiene and safe storage

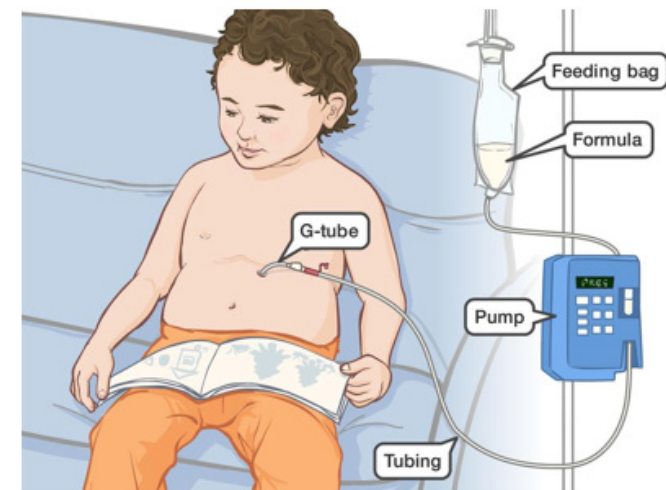
Wash your hands with soap and water before handling the feed and its preparation.	
Use specific clean utensils when preparing feeds.	
Always check the expiry date of the liquid and powdered feeds available at home.	
Keep all unopened formulas (liquid and powdered) in a cool temperature (Below 25 °C) and dry place away from sunlight exposure.	
Don't leave the formulas for a long time in the car.	
Discard any liquid feed after 24 hours from opening or preparation, whether stored in the refrigerator or bottleshung on the feeding pump holder.	
Never mix medications and formula together.	
Do not heat the formula.	
Do not use formula when there is color change and/or puffiness.	

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Patient's Position during and after feeding:

- Tube feeds should never be provided while lying flat. Lying down during tube feeding increases the risk of lung aspiration, therefore when clinically possible the patient should be sitting in an upright position of 45-degree angle during the time of feeding.
- If unable to sit up for tube feeding, the head of the bed should be elevated 30-45 degree during feeding.
- It is recommended to keep the patient in the same position for 60 minutes after the feed is fully administered to prevent feed from entering the lung to reduce the risk of aspiration.

CAUTION: Enteral feeding should be stopped immediately if a patient starts to cough, choke, or have difficulty in breathing while feeding. Contact health care provider immediately.



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How to Prepare the feeding formula from powder?

- Use the exact amount of powdered product as written on the product label or as instructed by the dietitian.
- Firstly, add the powder then gradually add water while stirring until you reach the required volume and mix well until the powder is dissolved completely in the water (you can also use a blender).
- Strain the mixture to make sure that there are no lumps that can cause blockage of the tube.
- If formula is prepared for more than one feed, use the required amount, and keep the remaining refrigerated, and use within 24 hours.
- Take out the feed from the fridge 30 minutes to reach room temperature before feeding the patient.
- NEVER add new feed to hanging feed.
- Hang reconstituted formula or formula with modular components up to 4 hours.
- Change feeding bag every 24 hours.
- Avoid adding, colorants, extra water, fluid, or other substances directly to formula.
- Do not add medications to formula.

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How to use ready-to-hang formula with a closed feeding system?

- Wash your hands with soap and water before handling the feeds.
- Use a new feeding set with every new feeding bag.
- If the feed is refrigerated put it in room temperature for 30 minutes before administration.
- Shake the formula well before connecting to the feeding set.
- Thoroughly clean the top of formula containers before opening.
- Hanging time for closed feeding formula should not exceed 24 hours.

How to deliver the formula safely using the feeding pump?

- Prime the pump set, according to the manufacturer's directions.
- Attach the giving set to the pump, prime the set and attach to the tube.
- Don't touch any of the connecting ends directly to prevent contamination.
- Check if the flow/drip rate on the pump is the same as the feeding plan.
- Clear the volume infused from the previous day on the pump before starting the next feed.
- Record the date and time you hang the formula.
- Start feed infusion through the pump according to the manufacturer's instructions.
- The feed volume and time interval will be decided by Physician/dietitian as per the patient's need and tolerance.

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How to deliver the formula using the feeding bag?

- Attach the feeding tubes set with the feeding bag.
- Put the required amount from the feed in the bag.
- Loosen the roller clamp on the giving set and allow the feed to run spontaneously.
- The roller clamp will be adjusted depending on the drip rate stated on the feeding plan.

How to use ready-to-hang formula with an open feeding system?

- Wash your hands with soap and water before handling the feeds.
- Thoroughly clean the top of formula containers before opening.
- Shake the formula well immediately before opening prior to use.
- In case of using large feeding bags / bottles that range between 1000ml -1500ml pour only the required amount in a clean measuring cup, then close the container tight and return to fridge, and to be used within 24 hours from preparation.
- If the container is refrigerated take out the required amount and keep it at room temperature for 30 minutes before feeding the patient.
- Change the feeding bag once every 24 hours and make sure to rinse it with clean water between each bolus feeding to avoid microbial contamination.
- Maximum hanging time 4 hours.



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How to add dietary supplements to the main tube feeding: (as directed by the Dietitian)

1. Powder dietary supplement:

- Use specific clean utensils when preparing feeds.
- Dissolve the specified amount of powder in the specified amount of water which should be at room-temperature.
- Slowly stir in the contents, until dissolved (you can use blender).
- Flush with 30 mL water before and after administration of the feed.
- Do not mix the supplement with the main feed.
- Use immediately after preparation.

2. Liquid supplement:

- Thoroughly clean the top of formula containers before opening.
- Hold the main feeding before giving the dietary supplement.
- Do not mix the dietary supplement with the main feed.
- Infuse the supplement directly in the feeding tube using syringe with or without diluting with water as per the manufacture instruction.
- Flush with 15-30 mL of water before and after administration the supplement.

How to use medications through tube feeding

- Flush with 30ml of water before and after all medications and 10ml between each medication.
- Never add medications to the feed.
- Hold the feeding before giving medications, follow the medication administration instructions.