

# PATIENT EDUCATION

## Administration of Enteral Feeding by Bolus Method

Properly administering your medication at home is important to your safety. In the event of an emergency, call 911.

### **SUPPLIES:**

- Formula
- 60 cc. syringe

### **PROCEDURE:**

1. Gather supplies. Clean work area. Wash hands thoroughly for at least 20 seconds.
2. Flush your feeding tube as instructed by your nurse.
3. Remove the plunger from the 60 cc. syringe.
4. Insert the tip of the syringe into the end of your feeding tube or feeding tube attachment device.
5. Administer feeding. Slowly pour the prescribed amount of formula into the syringe. Avoid spills by pouring no more than 60 cc formula into the syringe at a time. Keep filling the syringe with formula as it empties, until the total volume prescribed is given.

**NOTE: To prevent unwanted air from entering the stomach, do not allow syringe to empty until completed.**

6. Flush your feeding tube as instructed by your nurse.
7. Rinse 60 cc syringe as instructed. Allow syringe to air dry for re-use.
8. Wash hands thoroughly.

### **ENTERAL PRODUCT STORAGE GUIDELINES:**

#### **General Temperature Guidelines**

General recommended storage temperature ranges for your nutritional product is between 32- and 95- degrees Fahrenheit (F). The most desirable temperature range for storage of unopened containers is room temperature, between 55- and 75-degrees F. Storage at these temperatures will assure the highest-quality product.

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**Unopened products** should be stored in a cool, dry area. Prolonged exposure to temperatures below 32 degrees F or to direct heat above 95 degrees F could affect the physical consistency of the product.

### **Extreme Storage Conditions**

Do not freeze formula products or store at greater than 95 degrees F. Excess temperatures, even for short time periods, can cause physical changes in the products, rendering them undesirable or unusable.

### **Additional Powder Storage Recommendations**

Powdered formula should be used within one month from opening. Although the powders will not “spoil” from a microbiological perspective, some of the vitamins and fatty acids will degrade over time when exposed to oxygen. Powdered nutritional products should be stored in a cool, dry area. Opened powder cans should be covered; they should not be stored in the refrigerator.

### **NOTES:**

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The information included in this document is intended for informational and educational purposes only. It is not intended to replace medical advice offered by a physician or other qualified health provider. If you think you are experiencing a medical emergency, call 911 immediately.

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