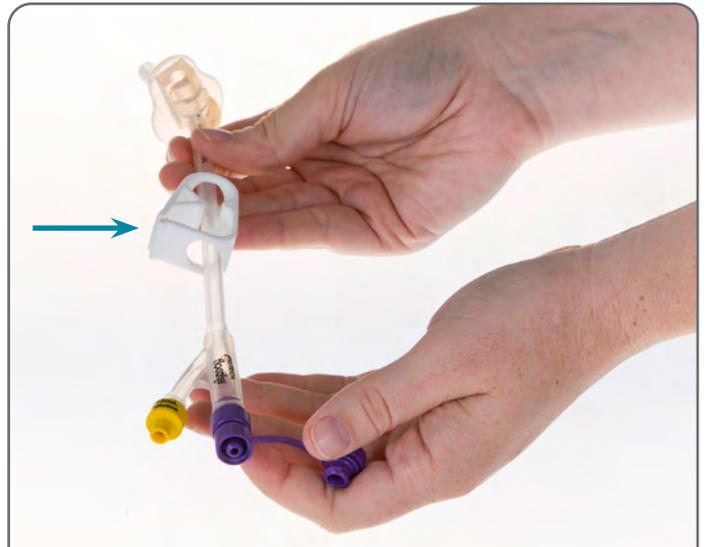


# How to Bolus Feed using a Syringe – Plunging Method

Syringes are generally used for **flushing your feeding tube with water and to administer bolus feeds**. A bolus feed is a common form of feeding used to deliver set amounts of formula via syringe, gravity or pump, at several times throughout a day. A bolus feed is best tolerated when delivered over a period of 20 minutes or longer to avoid diarrhoea, bloating, reflux and nausea/vomiting.



1. Collect all the materials you require, wash hands using warm, soapy water, then dry hands.



2. If there is a clamp on your feeding tube, close it, and then open the cap at the end of your feeding tube.



3. Draw up prescribed amount of water. Connect the syringe to your feeding tube by twisting approximately a 1/4 turn, **DO NOT OVER-TIGHTEN**. Open the clamp on your feeding tube.



4. Gently apply downward pressure on the syringe plunger until empty. Close the clamp on your feeding tube before disconnecting the syringe. Repeat as needed as per regimen.



5. Now do the same with the prescribed amount of feed over a period of 20 minutes, or as tolerated.



6. When the feed is finished, draw up the water required, open the clamp on the feeding tube and flush the feeding tube with prescribed amount of water.



7. When flushing is complete, close the clamp on your feeding tube and disconnect the syringe by untwisting.



8. Clean the end of your feeding tube as directed by your healthcare professional and close the end cap using a 1/4 turn. **DO NOT OVER-TIGHTEN.** Open the clamp on your feeding tube unless otherwise instructed by your healthcare professional.

9. Discard your single use syringe. Alternatively, if you have a reusable syringe, wash this with warm soapy water, rinse then dry syringe before storing in a clean container with a lid in between uses.

## FOR HOME PATIENTS ONLY

Nutricia Australia Pty Ltd  
Talavera Corporate Centre, Level 4 Building D,  
12-24 Talavera Rd, Macquarie Park NSW 2113  
Clinical Care Line (toll free): 1800 060 051  
[www.nutriciamedical.com.au](http://www.nutriciamedical.com.au)

Nutricia Ltd  
124 Favona Road,  
Favona, Auckland 2024 New Zealand.  
Clinical Care Line (toll free): 0800 636 228  
[www.nutriciamedical.co.nz](http://www.nutriciamedical.co.nz)

 **NUTRICIA**  
Advanced Medical Nutrition

NC3573-Nov17 / NUT678