

# HOW TO FEED USING A FLOCARE GRAVITY FEEDING SET

Feeding using a gravity feeding set is intended to deliver an enteral tube feed via a steady and controlled rate using a drip-feeding method. This form of feeding can be used as an alternative to pump feeding, however, for greater accuracy pump feeding is recommended. Gravity feeding is best tolerated when used under close supervision by adjusting the roller clamp mechanism to control the flow of feed to avoid diarrhoea, bloating, reflux and nausea/vomiting.

1. Collect all the materials you require. Wash hands and clean work surfaces.
2. Remove the gravity feeding set from its packaging. Push the roller clamp downwards to close off the line.
3. Remove the 'dust cap' from the purple end of the Flocare feeding set and discard. Connect the gravity feeding set to the enteral pack, OpTri bottle or Flocare container. If connecting directly to an enteral bottle, use the universal adaptor to attach the feeding set.
4. Gently squeeze the drip chamber until the chamber has filled to half way. Once filled, open the roller clamp by pushing upwards to prime the feeding set until feed reaches the end. Close the roller clamp downwards to stop the flow once the feeding set is fully primed.
5. Close the feeding tube clamp then open the cap at the end of your feeding tube.
6. For water flushes, attach the ENFit syringe to the feeding tube. Open feeding tube clamp and then flush the feeding tube with the prescribed amount of water. Close the clamp on the tube once the flush has been administered, and remove the syringe.
7. Remove the 'end cap' on the feeding set and set aside, **DO NOT DISCARD**. Connect the feeding set to your feeding tube by twisting approximately a 1/4 turn, **DO NOT OVER-TIGHTEN**. Open the clamp on your feeding tube.
8. Open the roller clamp by pushing upwards and set the flow by counting the drops per minute. Adjust the roller clamp (upwards or downwards motion) until the drip rate is set correctly.
9. Check the drip rate regularly to ensure the feed is still running at the required rate.
10. When the amount of prescribed feed has been administered, close roller clamp downwards on feeding set. Disconnect the feeding set from the feeding tube. Replace clear end cap on feeding set.
11. Attach ENFit syringe, open the feeding tube clamp and then flush feeding tube with prescribed amount of water. Close clamp on tube once flush has been administered then remove syringe.
12. Clean the end of your feeding tube as directed by your healthcare professional and close the cap using a 1/4 turn. **DO NOT OVER-TIGHTEN**.
13. Open the clamp on your feeding tube unless otherwise instructed by your healthcare professional.
14. Discard the gravity feeding set after 24 hours. Discard single use syringe as per manufacturer's instructions. 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.

# Approximate drip counts to achieve a desired feed rate<sup>1</sup>

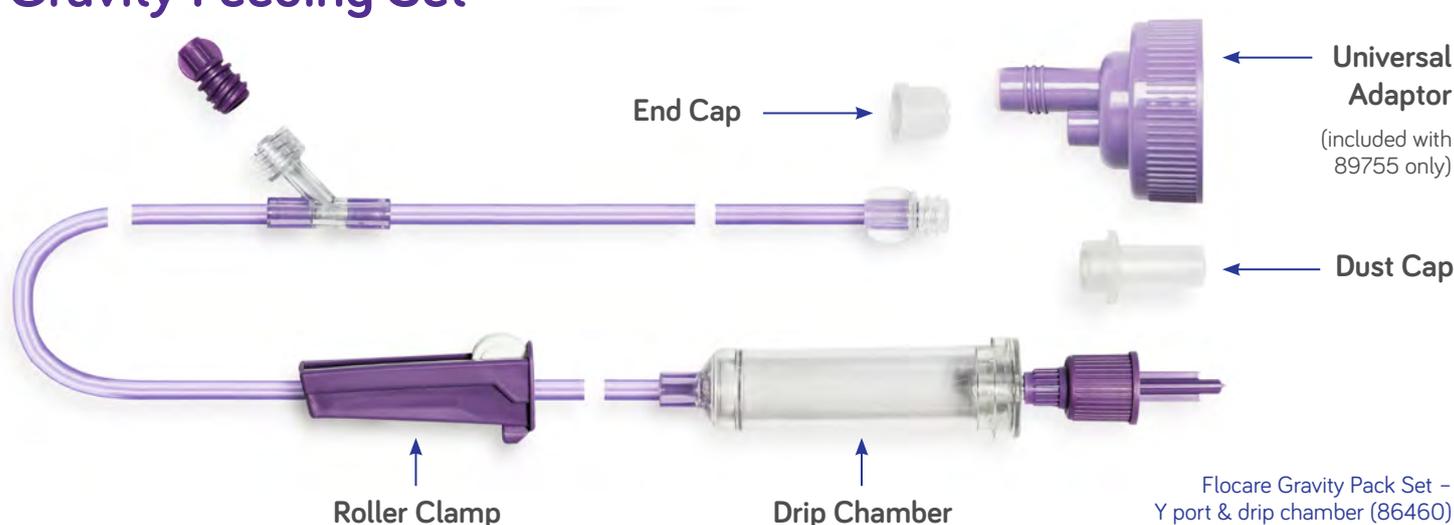
By adjusting the clamp of the feeding set to deliver a specified number of drops of formula per minute, a consistent feeding rate can be achieved. The viscosity of feeds should be considered when determining drip rate as high-fibre and energy-dense formulas may have higher viscosity than standard feeds.

Please note that this method is not precise and drip rate should be checked regularly to ensure the desired rate of formula is being given.

The table (right) should be used as a guide only and drip rate should be determined under the advice of a healthcare professional.<sup>^</sup>

mls/hr	Number of drops/minute
25	7
50	13
75	20
100	27
125	33
150	40
175	47
200	53

## Gravity Feeding Set



## Feeding Tube



Product Code	Description
86460	Flocare Gravity Pack Set – Y port & drip chamber
89755	Flocare Gravity Pack & Bottle Set – Y port & drip chamber (inc. Universal Adaptor)
94815	Flocare ENFit G-Tube CH14
94817	Flocare ENFit G-Tube CH18
94818	Flocare ENFit G-Tube CH20

<sup>^</sup>Statement has been adapted from the Dietitians Association of Australia, Enteral Nutrition Manual for Adults in Health Care Facilities 2018.

**REFERENCE.** 1. Dietitians Association of Australia. Enteral Nutrition Manual for Adults in Health Care Facilities. June 2018. Available from <https://daa.asn.au/wp-content/uploads/2018/06/Enteral-nutrition-manual-june-2018-website.pdf> (accessed on 16/3/2020).