



## TUBE FEEDING INSTRUCTIONS – PUMP FEEDINGS

Patient: \_\_\_\_\_ Date: \_\_\_\_\_

Formula Name: \_\_\_\_\_

Total amount of formula per day: \_\_\_\_\_ Cans *Note: 1cc is the same as 1 mL*

Total amount of water per day: \_\_\_\_\_ mL = \_\_\_\_\_ oz = \_\_\_\_\_ cups = \_\_\_\_\_ syringes

### For continuous or cycle (day or night) feeding schedule, follow these instructions:

**Amount:** Pour \_\_\_\_\_ (cans) of formula in the feeding container

**Rate:** Feed \_\_\_\_\_ mL of formula per hour. Run for \_\_\_\_\_ hours from \_\_\_\_\_ to \_\_\_\_\_.  
(Add the remainder of cans if they do not fit in the bag.)

#### Water:

Give \_\_\_\_\_ mL (or \_\_\_\_\_ ) of water every \_\_\_\_\_ hours.

**OR** Give \_\_\_\_\_ mL (or \_\_\_\_\_) before and after each feeding along

With \_\_\_\_\_ mL \_\_\_\_\_ times a day during waking hours.

Water flushes can be given as part of your medication if needed.

## PREPARING THE FORMULA

Follow these simple directions to prepare ready-to-use-formula:

- Wash your hands well with soap and water. Rinse them thoroughly.
- Shake the can or bottle.
- If you do not use all the formula, cover the open can and store it in the refrigerator. Write the date and time on the opened container. Throw away any formula not used within 24 hours.
- During and for 30-60 minutes after tube feeding you should be as close to upright as possible.
- Feeding rate may be increased by 10-15 mL every 2-3 days, until you feel too full or uncomfortable. Increasing the rate will allow you to shorten the time on the pump, but give you the same amount of nutrition each day.
- If you find you feel thirsty, you are urinating less than normal, or your urine is darker than usual, you may give yourself one cup (240 mL) or more (if needed) of water daily.

Questions? Call

Nutrition Support Specialist \_\_\_\_\_ Phone # \_\_\_\_\_

## INSTRUCTIONS ON HOW TO INCREASE YOUR TUBE FEEDINGS TO GOAL RATE

Your tube feedings are currently running at \_\_\_\_\_ mL per hour.

Over the next few days, increase your feedings slowly towards your goal rate and volume. The reason for doing this is to ensure that your body adjusts well to the tube feeding, especially if you haven't had any or very little nutrition in a while.

### Increasing your tube feeding to goal:

**Day 1 (day of discharge):** Infuse your tube feeding at the rate of \_\_\_\_\_ ml/hour until \_\_\_\_\_ cans are infused. This should take about \_\_\_\_\_ hours.

**Day \_\_\_\_\_:** same as day 1

**Day \_\_\_\_\_:** increase feedings to rate of \_\_\_\_\_ ml/hour until \_\_\_\_\_ cans infused. This should take about \_\_\_\_\_ hours.

**Day \_\_\_\_\_:** same as day \_\_\_\_\_.

**Day \_\_\_\_\_:** Finally, increase to \_\_\_\_\_ cans/day at \_\_\_\_\_ ml/hour. This is your goal until your dietitian or doctor tells you otherwise.