



TUBE FEEDING INSTRUCTIONS – INTERMITTENT FEEDINGS

Patient: _____ Date: _____

Formula Name: _____ Note: 1 cc is the same as 1mL

Total amount of formula per day: _____ Cans _____ (60 cc)syringes _____ bags

Total amount of water per day: _____

For an intermittent/bolus feeding schedule, here are your instructions:

Amount: For each feeding, give _____ cans of (_____ ml) formula.

Give _____ feedings each day.

Time: Feeding should take about _____ minutes to infuse if using a syringe OR
about _____ minutes to infuse if using gravity bag method.

Water: Give _____ mL (_____ 60 ml syringes) of water before and after each feeding.

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. If the formula is not used in 24 hours, throw it away.
- Formula should be given at room temperature. If the formula has been refrigerated, take it out about 30 minutes before the feeding.
- During and for 30-60 minutes after tube feeding infusion you should be as close to upright in a chair as possible.
- If you feel thirsty, you are urinating less than normal, or your urine is darker than usual, you may give yourself one cup (240mL) or more (if needed) daily.

Questions? Call
Nutrition Support Specialist _____ Phone # _____

INSTRUCTIONS ON HOW TO INCREASE YOUR TUBE FEEDINGS TO GOAL CANS

Over the next few days, increase your feedings slowly towards your goal 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 nutrition (or very little nutrition) in a while.

Increasing your tube feeding to goal:

Day 1 (day of discharge): Give yourself _____ of cans of tube feeding, _____ times/day.

Day _____: same as day 1

Day _____: increase feedings to _____ cans/day (_____ can(s),
_____ times/day)

Day _____: same as day _____.

Day _____: Finally, increase to _____ cans/day (_____ can[s],
_____ times/day)