

## HOW DO I GIVE FEEDING OR FLUIDS BY SYRINGE?

Your healthcare professional may tell you to give yourself feedings using the syringe method. You can also use this method to give yourself extra water or other fluids.

### FIRST! VERY IMPORTANT:



**ALWAYS** flush your feeding tube with warm water before beginning any feeding. Discard syringe after 24 hours and replace with new equipment.

### STEP-BY-STEP INSTRUCTIONS:

1. **Remove** the plunger from the barrel of the syringe.
2. **Unclamp/Uncap** feeding tube.
3. **Insert** the tip of the syringe into the feeding tube (if needed use blue cath tip for a more secure fit).
4. **Flush** feeding tube with prescribed amount of warm water.
5. **Pour** the prescribed amount of the formula into the syringe barrel. Let it flow into the tube until completed.
6. **Flush the tube** with prescribed amount of warm water.
7. **Clamp/Cap** feeding tube.
8. Rinse the syringe barrel with warm water. Then dry complete and store in a clean covered container or wrap in a clean towel until the next use.

## Have questions? Call Toll-Free 1-800-665-2850