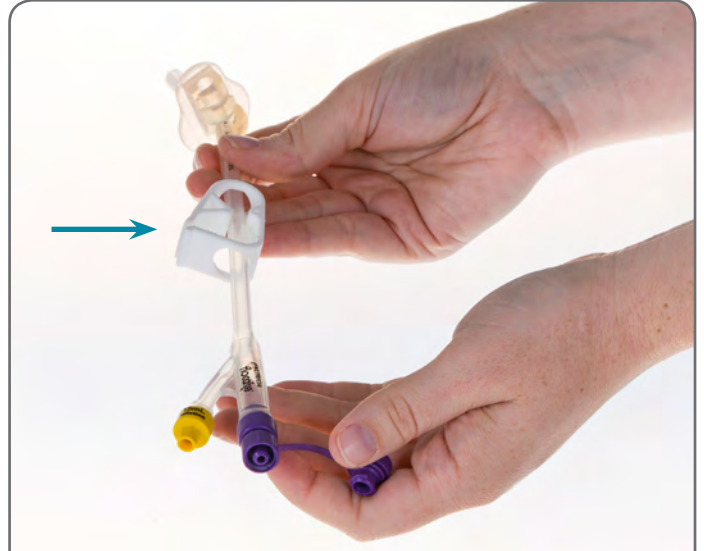


# How to Bolus Feed using a Syringe – Gravity Method

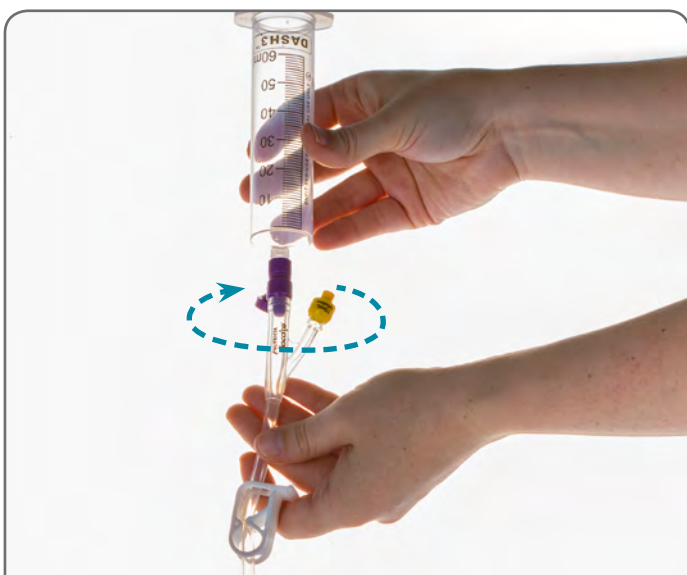
Syringes are generally used for **flushing your feeding tube with water and to administer bolus feeds**. A bolus feed is a common form of feeding used to deliver set amounts of formula via syringe, gravity or pump, at several times throughout a day. A bolus feed is best tolerated when delivered over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



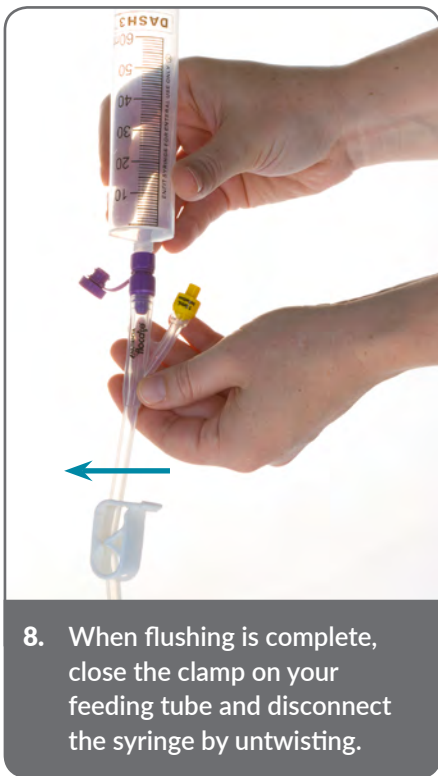
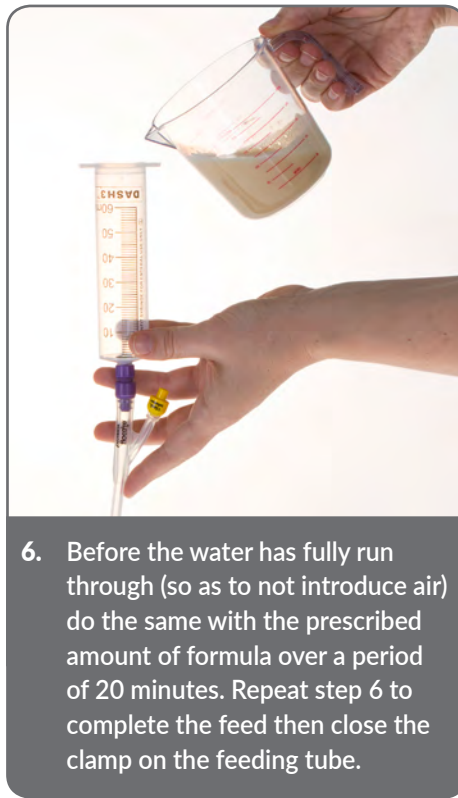
2. Close the feeding tube clamp then open the cap at the end of your feeding tube.



3. Remove the plunger from the syringe. 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. Hold the syringe upright, so that the barrel is fairly straight, and pour the prescribed amount of water for a flush in to the top of the syringe. Open the clamp on your feeding tube.



11. 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

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