



Information for Patients

GASTROSTOMY TUBE FEEDINGS

A gastrostomy feeding tube was placed through your abdominal wall into your stomach to provide you with food and fluids.

Site inspection

The gastrostomy tube may move in and out of the stomach slightly. If the tube comes out do not put it back in. Notify your doctor.

Clean around the tube with mild soap and water and pat the area dry during bathing and as needed. If the area around the tube becomes wet and weepy, it needs to be cleaned more often. If the area around the tube becomes red with increased drainage, contact your home health agency or the clinic where you will be receiving follow up care.

Tube feedings

Your doctor, in consultation with a dietician, has prescribed the following feedings and fluids. The feedings and fluids need to be given in the prescribed amounts to provide you with the calories, nutrients and fluids that you need each day.

Feedings:

(product, amount, how often)

Water:

(amount, how often)

Procedure

You will be taught one of the following methods of feeding prior to your discharge from the hospital. Do not change the method of feeding without instructions from a health care provider. Whichever method you use, you need to do the following 3 things.

1. Wash your hands thoroughly.
2. Sit in a chair or upright in the bed during and for one hour after a feeding.
3. Before the feeding is started, always check to see that the stomach is empty by inserting the tip of the empty syringe into the end of the gastric tube (GT) and gently pulling back to withdraw the contents of the stomach. If more than 100cc remains from the previous feeding, do not give a feeding. Return the withdrawn fluid to the stomach and recheck in one hour. If the stomach contents measure less than 100 cc, give the feeding.

Continued

Gastrostomy Tube Feedings, Cont.

Gravity Feeding Method:

Feeding bag

- ❖ Fill the feeding bag with the prescribed amount of feeding and run it to the tip of the tubing to clear out the air. (*Note: the air will not do harm, but may cause gastric distension*).
- ❖ Connect the end of the tubing to the GT port and hang the feeding bag at least 18 inches above the level of your stomach.
- ❖ Open the clamp on the tubing to allow the feeding to flow into the GT.
- ❖ Follow with the prescribed amount of water.
- ❖ Rinse the bag and tubing after each feeding. Wash with soapy water and rinse thoroughly every 24 hours.

Syringe

- ❖ Remove the plunger from a syringe and connect the syringe to the GT. Hold the syringe upright and pour the feeding into the syringe. Refill the syringe as the feeding reaches the bottom of the syringe until the prescribed amount of feeding is given. Follow the feeding with the prescribed amount of water.
- ❖ Rinse the syringe thoroughly after every feeding. Clean the syringe with soapy water every 24 hours.

Pump Feeding Method:

- ❖ Fill the feeding bag with the prescribed amount of feeding and run it to the tip of the tubing to clear out the air. (*Note: the air will not do harm, but may cause gastric distention*).
- ❖ Connect the end of the feeding bag tube to the GT. Set the pump rate of flow at _____ cc per hour.
- ❖ Open the clamp on the tubing and push the start button on your pump.
- ❖ When the feeding is complete, disconnect the feeding set.
- ❖ Connect your syringe to your feeding tube and slowly push in the prescribed amount of water.
- ❖ Rinse the bag, tubing and syringe after each feeding. Wash them with soapy water every 24 hours.