

HOW DO I FLUSH A GASTROSTOMY TUBE?

Flush the tube before and after the administration of enteral nutrition or medication or 4-6 hourly (except during the night) if tube feeding is not in progress.

To prevent tube blockages, always follow the flushing advice and routine recommended by your healthcare professional.

Always check the cm markings at skin level and the length of the tube to make sure it remains unchanged, if it has changed **do not use** and contact your healthcare professional immediately.

It is important that you contact your Nutricia Homeward Nurse if you need any additional training.

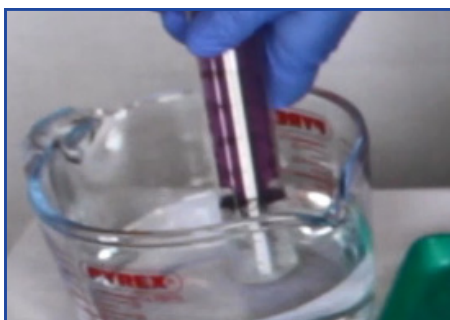
Ensure the patient is positioned comfortably at an angle of 30-45°.

Before and after handling the tube wash your hands with liquid soap and water and dry them thoroughly.

You will need:

- 60ml enteral feeding syringe
- Water, type and volume as recommended by your healthcare professional.

ADMINISTER A WATER FLUSH USING THE PLUNGE METHOD



Draw up required volume of water in a 60ml enteral feeding syringe



Close clamp on feeding tube, if present

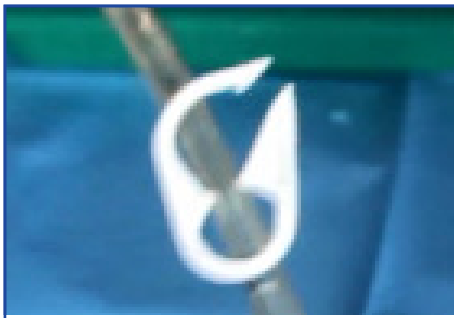
If no clamp is present kink the tube between your fingers to stop leakage



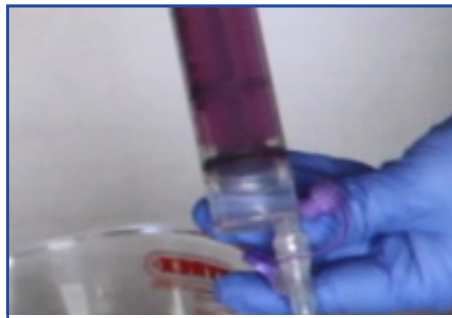
Remove cap from the feeding tube



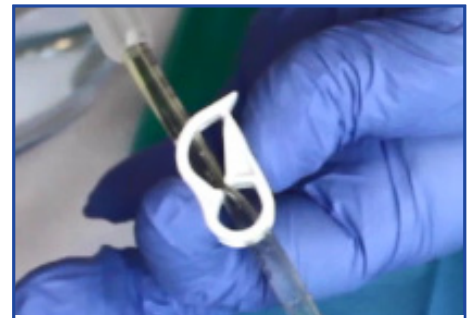
Connect syringe to the tube, being careful not to over-tighten



Open clamp or release the kink between your fingers



Slowly push on the syringe plunger to flush tube with the required volume of water



Close the clamp or kink the tube between your fingers before disconnecting the syringe

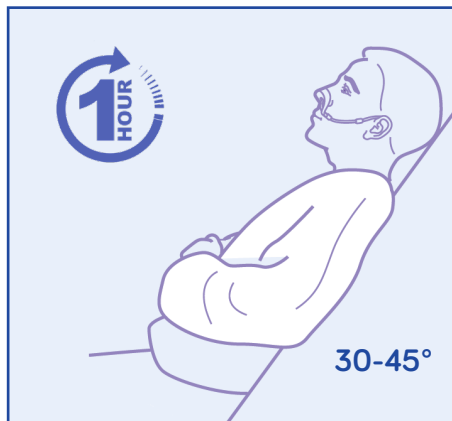
Repeat these steps until the total advised volume of water is administered.



Close the cap on the feeding tube

Wash and store syringes as per manufacturer's guidelines.

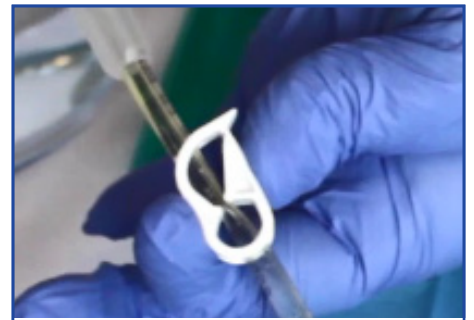
Ensure the patient remains in a position of at least 30-45° for at least one hour post tube flush in order to prevent aspiration.



**ADMINISTER A WATER FLUSH
USING THE GRAVITY METHOD**



Remove the plunger from the syringe barrel



Close clamp on feeding tube, if present

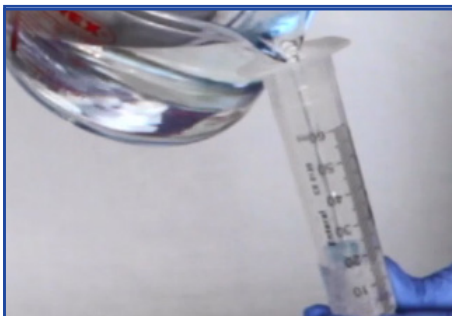
If no clamp is present kink the tube between your fingers to stop leakage



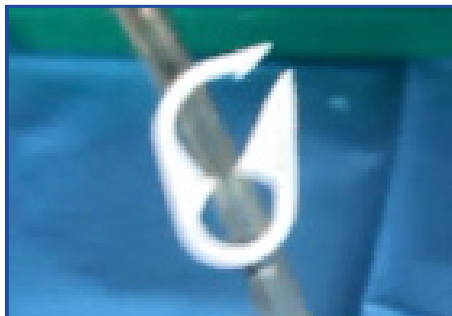
Remove cap from the feeding tube



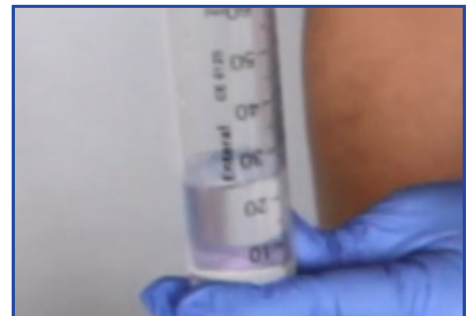
Connect syringe to the tube, being careful not to over-tighten



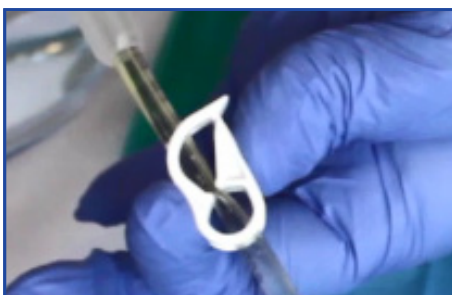
Pour required volume of water into the syringe barrel



Open clamp or release the kink between your fingers



Allow the water to flush through the feeding tube via gravity



Close the clamp or kink the tube between your fingers before disconnecting the syringe

Repeat these steps until the total advised volume of water is administered.

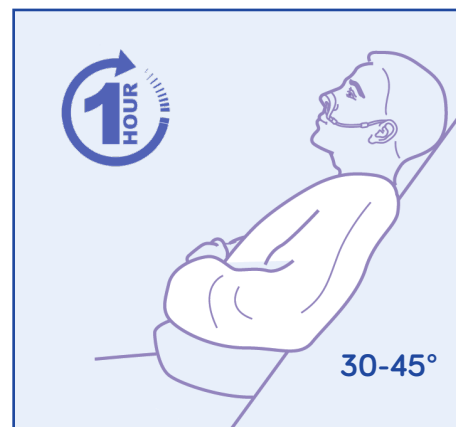
Pour any remaining water in the syringe away and remove the syringe from the tube.



Close the cap on the feeding tube

Wash and store syringes as per manufacturer's guidelines.

Ensure the patient remains in a position of at least 30-45° for at least one hour post tube flush in order to prevent aspiration.



REMEMBER:

- Always flush the gastrostomy tube before and after the administration of any feed or medication
- Flush the gastrostomy tube immediately after a pump feed has finished
- Ensure the whole length of the gastrostomy tube is cleared to reduce the risk of blockages
- Always follow the flushing regimen recommended by your managing healthcare professional
- Ensure the patient remains in a position of at least 30-45° for at least one hour after flushing the tube.

MAKE SURE YOU HAVE:

Securely closed the cap of the gastrostomy tube to reduce the risk of gastric leakage.

Reopened the clamp, if present, to prevent damage to the gastrostomy tube.

This information is intended for patients, or carers, who are being enterally fed.