

# How to Bolus Feed using a Syringe

## Plunging Method

PRESCRIPTION

Your healthcare provider has prescribed

**Fortisip (Multi Fibre / 2kcal / Compact Protein / Compact Fibre / Compact) x \_\_\_\_ bottles per day.**

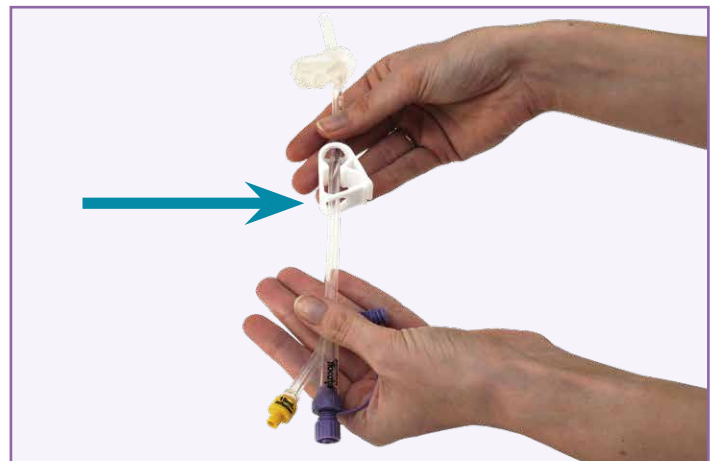
Your Fortisip prescription is designed to aid in your recovery and assist in keeping you physically strong. Therefore, it's important that you adhere to your feeding regimen as directed by your treating healthcare professional.

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.<sup>1</sup> Always follow the directions for use.



1. Collect all the materials you require, wash hands using warm, soapy water, then dry hands.

**Tip:** use towel/drape to protect clothing in case of liquid spillage or leakage.



2. If there is a clamp on your feeding tube, close it, and then open the cap at the end of your feeding tube.



3. Draw up prescribed amount of water. Connect the syringe to your feeding tube by twisting approximately a ¼ turn, **DO NOT OVER-TIGHTEN**. Open the clamp on your feeding tube.



4. Gently apply downward pressure on the syringe plunger until empty. Close the clamp on your feeding tube before disconnecting the syringe. Repeat as needed as per regimen.

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5. Now do the same with the prescribed amount of feed over a period of 20 minutes, or as tolerated.



6. When the feed is finished, draw up the water required. Open the clamp on the feeding tube and flush the feeding tube with prescribed amount of water.



7. When flushing is complete, close the clamp on your feeding tube and disconnect the syringe by untwisting.



8. Clean the end of your feeding tube by following the feeding tube directions for use and close the end cap using a ¼ turn. **DO NOT OVER-TIGHTEN.** Open the clamp on your feeding tube unless otherwise instructed by your healthcare professional.

8. Discard your single use syringe. 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. Always follow the directions for use.



For further information on syringe cleaning instructions, visit our Nutricia website

Product	Product Code	Carton Qty
Reusable ENFit Syringe 60ml	123584	30
Single Use ENFit Syringe 60ml	124823	30
Flocare ENFit G-Tube CH14	94815	2
Flocare ENFit G-Tube CH18	94817	2
Flocare ENFit G-Tube CH20	94818	2

**FOR HEALTHCARE PROFESSIONALS AND HOME PATIENTS ONLY**

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**NurseConnect:** 1300 557 397 (Weekdays 7am-9pm, Weekends and Public Holidays 9am-5pm)