University of Virginia HEALTH SYSTEM

TUBE FEEDING INSTRUCTIONS - BOLUS FEEDINGS

Patient: Date:

FORMULA NAME: ____
GOAL: ___ cans per day
WATER GOAL: ___ mL (___ cups) per day

For an intermittent/bolus feeding schedule, here are your instructions:

For each feeding give ___ cans (___mL). Give ___ feedings daily.

Feeding time should take about ___ if using a syringe.

Water: Give ___mL (___ syringes) ***before*** and ***after*** each feeding.

One 35 mL syringe= ~1/8 cup
One 60- mL syringe = 1/4 cup
Two 60-mL syringes = 120mL water = ½ cup
Four 60-mL syringes = 240mL water = 1 cup

PREPARING THE FORMULA

Follow these simple directions to prepare ready-to-use-formula:

Wash your hands well with soap and water. Rinse them thoroughly. Shake the can or bottle.

If you do not use all the formula, cover the open can and store it in the refrigerator. Write the date and time on the opened container. If the formula is not used in 24 hours, throw it away.

Formula should be given at room temperature. If the formula has been refrigerated, take it out about 30 minutes before the feeding.

During and for 30-60 minutes after tube feeding infusion you should be as close to upright in a chair as possible

If you feel thirsty, you are urinating less than normal, or your urine is darker than usual, you may give yourself one cup (240mL) or more (if needed) of water to your tube daily.

For questions, call:
Nutrition Support Specialist: **Phone:**