

Medications may be needed to keep your body healthy; the following provides directions for administering medication through your tube feeding.



Follow your healthcare professional's instructions for taking your medication.

Use liquid medications whenever possible. If using pills, crush medications into very fine powder and dissolve in water. Check with your nurse, doctor, or pharmacist to get specific instructions on:

- How to crush medications
- How much water to mix with your medication
- Which medications should **not** be crushed
- Which medications should **not** be given together
- Medications that need special considerations when given through a feeding tube

Even though your tube feeding formula contains water, extra water may be required for proper hydration and to prevent clogging of your feeding tube. Follow your healthcare professional's instructions for flushing your feeding tube before and after medications and feedings.

Instructions



1. Using a 60 mL or larger syringe, rinse or flush feeding tube with 15-30 mL of warm water before administering medication (unless instructed otherwise by your healthcare professional). Do not force the water flush.

If you have difficulty flushing your feeding tube, contact your healthcare professional.



2. Using a 60 mL or larger syringe, draw up correct dose of medication. Open feeding tube and connect syringe into feeding tube.

3. Gently push water and medication into tube. When administering water only, you may remove plunger from syringe and allow water to flow in by gravity.



4. Remove syringe from feeding tube and refill syringe with warm water as needed until desired amount of water is given, or to flush all medication from the syringe.

5. Close (reclamp or recap) feeding tube and recap syringe.



Making your home tube feeding a pleasant experience

The transition to home tube feeding requires some adjustments and there are ways to make them easier. For example, talking to friends and family about your tube feeding may make you more comfortable with the transition. Or, consider scheduling your feedings during family meal time. If you choose to administer your feedings at other times, be sure to continue to engage in family and other social activities. The adjustment may require time and patience, but soon it will become a routine.

Tube Feeding Resources

The following resources provide additional information regarding home tube feeding:

■ **Oley Foundation**

The Oley Foundation is a national, non-profit organization that provides information and emotional support to individuals and caregivers receiving tube feeding. www.oley.org

■ **CaringBridge**

CaringBridge provides websites that connect people experiencing a major health issue to family and friends making the health journey easier. www.caringbridge.org

■ **Tube Feeding Awareness**

A group of parents who are raising infants and children with feeding tubes who want to share their experiences along the way in addition to raising awareness of tube feeding. www.feedingtubeawareness.com

■ **ParENTalk™**

This website provides resources and support, including instructional videos, for parents caring for a tube fed child. www.parentalk.com

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This information is for educational purposes only and is not intended as a substitute for medical advice.