

danuTips for Enteral Care



Best practices for flushing a feeding tube

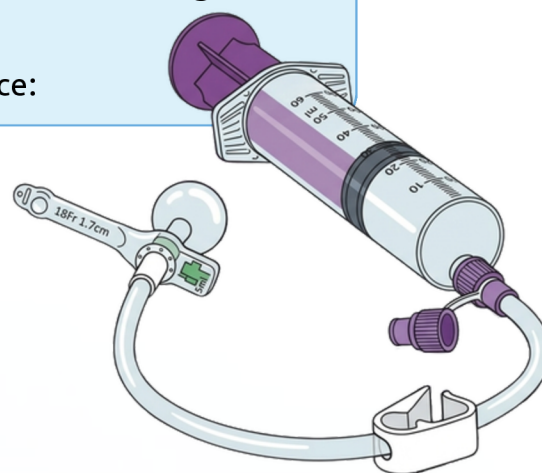
Flushing a feeding tube with water is essential for **hydration** and to maintain **tube patency**. Regular water flushes help keep tubes free of clogs so nutrition can flow freely and ensure proper nutrition delivery. Regular, gentle water flushing is key to long-term tube feeding care.

Here are the steps and key points for best practice:

Maintaining cleanliness



- ✓ Wash your hands thoroughly with soap and water before handling the feeding tube or syringe.
- ✓ Wearing disposable gloves is standard practice in the hospital as extra protection.



Choose the right water

Clean, room-temperature **drinking water** or purified water is usually adequate for most people.

Sterile water is usually recommended for people with weakened immune systems, in hospitals, and where the quality of the drinking water is unreliable. In the home setting, either tap or bottled water is acceptable if it is **free of contaminants**.

Measure the right amount of water

- ✓ For adults, the recommended **minimum** flush amount is 20 ml, but the specific amount depends on the patient's age, fluid needs and restrictions, on hospital policy and healthcare provider **instructions**.
- ✓ For paediatric patients, amounts **vary** depending on age and weight; consult with a healthcare professional for specifics.
- ✓ In neonates, flushes are used sparingly because there is little room for providing non-nutritive fluids. **Consult** with your prescriber for specific volumes in these cases.



Use the correct connectors

- ✓ Always use a clean ENFit® syringe to flush an ENFit® feeding tube.



When flushing a gastrostomy button, **always** use an extension set between the button and the syringe - **never** connect a syringe directly to the button, as this may cause damage.

Flush the tube regularly



Flush before and after each feeding to **prevent** clogging.

- ✓ Flush before and after administering medication to remove medication residue, to prevent clogging and to **avoid an interaction** between the nutrient solution and the medication.
- ✓ Flush the tube before and after any pureed food provided through the tube.
- ✓ If multiple medications are given, flush between each medication.
- ✓ Flush every 4 to 6 hours during continuous feeding to maintain patency.
- ✓ When not in use, flush the tube **every 8 hours** or at least once daily in the home setting.

Use the correct technique

- ✓ When syringe flushing, use a **gentle, slow** and **steady** push of the plunger rather than a single, strong push.
- ✓ Flush slowly, as fast flushing may cause discomfort or pressure in the stomach or intestines.



If you encounter resistance, this could **indicate** a blockage or damage to the tube.

Monitor and record

Document each water flush (timing, amount of water used, and any issues) to track hydration and identify potential problems early.

Disclaimer: This information is not a substitute for professional medical care. In case of problems, complications, or questions, always contact your medical professional.

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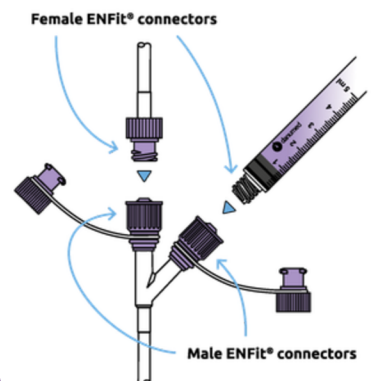
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Illustrations created with AI assistance

Good to know

A female ENFit® connector always connects to a male ENFit® connector.



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