

HOW TO BOLUS FEED:

PLUNGING METHOD


Your healthcare professional has chosen the syringe plunging method for you to deliver your bolus feeds. The syringe plunging method involves using a syringe to draw up and push a set amount of water and/or feed through your feeding tube. Do not plunge the feed quickly. An average length of time to plunge a bolus feed is 20 minutes. This may vary depending on individual circumstance.

IMPORTANT CONSIDERATIONS:¹

Patient positioning	Unused feed storage	Feeding tube position
<p>Find a place in your home that is comfortable for you. Ensure that you are sitting upright. If you cannot sit upright, sit propped up at least 30–45 degrees while feeding and continue sitting for 30–60 minutes after feeding has stopped. Do not lie flat during your feed or immediately after your feed.</p>	<p>Once opened, if your feed is not being used, put it in the fridge. When you want to use it again, remove from the fridge 20–30 minutes prior to feeding to allow it to reach room temperature. Your feed will need to be discarded 24 hours after opening.</p>	<p>Before you begin feeding, be sure the feeding tube is positioned correctly.</p>

HOW TO BOLUS FEED USING THE PLUNGING METHOD:

1




Collect all the equipment that you require and thoroughly clean your hands using soap and water or an alcohol-based hand rub.

Equipment:


- 60 mL enteral syringe
- Measuring jug and water (type and volume as prescribed by your healthcare professional)
- Prescribed enteral nutrition
- Extension bolus feeding set if you have a low-profile device

2



If there is a clamp on your feeding tube, close the clamp.

3



Draw the prescribed amount of water for your flush into your syringe. Open the cap on the end and connect the syringe using a ¼ turn.

HOW TO BOLUS FEED USING THE PLUNGING METHOD:

4



Release the clamp on the feeding tube and gently push down on the plunger to allow the water to flow. Close the clamp on your feeding tube before disconnecting the syringe. Repeat as required to deliver the prescribed amount of flush.

5



When the flush is complete, repeat step 3 and 4 by drawing up the prescribed amount of feed in the syringe and continue this process until the prescribed amount of feed has been delivered. When the feed is complete, clamp the tube.

6



Flush the tube with the amount of water recommended by your healthcare professional.

7



Once flushing is complete, remove the syringe from the feeding tube and securely close the cap at the end of the tube. Wash your hands using soap and water or an alcohol-based hand rub.

8



If you have a single-use syringe, discard the syringe. If you have a reusable syringe, wash the syringe with warm soapy water, rinse well and allow it to air dry.

USEFUL TIPS:

- Place a hand towel across your lap to protect clothing in case of spillage during the feed.
- When connecting the syringe, a ¼ turn is sufficient. Do not overtighten.
- Once cleaned and dry, reusable syringes can be kept in an airtight container.
- Enteral feeds and water are often better tolerated when delivered at room temperature.

Product	Abbott Code	DHL Code	Carton Quantity
SYRINGE 20 mL ENT REU ENFIT	20038784	2288262	80
SYRINGE 60 mL ENT REU ENFIT	20038818	2288263	60
SYRINGE FUNNEL TUBE ADAPTER ENFIT	20038766	2288265	50



For further information and support:

Abbott Customer Service: 1800 225 331

Abbott HomeCare Connect Nursing Service: 1800 971 557

Food for Special Medical Purposes. Use under medical supervision.

Reference: 1. DAA Enteral Nutrition Manual for Adults in Healthcare Facilities. 2018.

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