

FEEDING USING A GRAVITY FEEDING SET

WHAT IS GRAVITY FEEDING?

Gravity feeding is a way of receiving a set amount of prescribed feed via your feeding tube if you are unable to take your full nutritional requirements by mouth. The feed you receive contains the nutrients needed to meet your nutritional requirements. Your feed is given using a gravity feeding set at a speed recommended by your healthcare professional.

WHAT DO YOU NEED?

- Prescribed feed
- Water to flush the feeding tube before and after the feed
- 60ml enteral feeding syringe
- Gravity feeding set
- Watch or clock with second hand
- Hook to hang up feeding container.

IMPORTANT INFORMATION

- You should only gravity feed if you have been advised to do so by your healthcare professional as this method of feeding is not suitable for everyone.
- If you have a nasogastric feeding tube, you need to make sure the tube is in the right position before having any feed or water. Your healthcare professional will advise you on how to do this.
- Your healthcare professional will tell you how much and what sort of water to use for flushing your feeding tube.

Further information is available from:

Freephone Dietetic Helpline:

1800 411 411

Abbott Nutrition,
Block B, Liffey Valley Office Campus
Quarryvale, Dublin 22
D22 X0Y3

www.abbottnutrition.ie

WHAT SHOULD YOU DO?

1. Collect all the equipment required
2. Check the label and expiry date on your feed to make sure it is the correct product and not out of date
3. Wash and dry your hands thoroughly
4. Remove the white cap from the feed container and check that the foil seal is not broken
5. Open the gravity feeding set and close the purple roller clamp on the feeding set
6. Use the screw cap of the feeding set to attach the set to your feeding container
7. Hang your feeding container on a hook or similar device. This should ideally be above head height
8. Squeeze the drip chamber on the gravity feeding set until it is approximately one-third full of feed
9. Open the purple roller clamp on the feeding set and allow the tubing to fill with feed. Close the clamp
10. Sit in an upright position during feeding if possible (or at least at a 45 degree angle)
11. Check your feeding tube position if necessary, and ensure the tube is clamped if it has one
12. Fill the syringe with water as advised by your healthcare professional (usually 30-50ml)
13. Remove the cap from your feeding tube, attach the syringe, and unclamp your tube
14. Flush your feeding tube with the water in the syringe
15. Clamp your feeding tube and remove the syringe
16. Attach the gravity feeding set to your feeding tube (release the clamp on your feeding tube if it has one)
17. Slowly open the purple clamp on the feeding set until your feed starts to drip into the drip chamber. (N.B. The more you unroll the clamp, the faster the drips will fall)
18. Adjust the purple clamp to get the correct speed of drips for your normal feeding rate – as directed by your healthcare professional
19. Use your watch or clock to time your feeding rate (as advised by your healthcare professional)
20. If the feed is flowing too fast, you need to close the purple clamp slightly. If the feed is flowing too slowly, you need to open the clamp slightly
21. Once you have established your desired feeding rate, you can continue to feed until the volume of feed you require has been completed
22. When you have had the required amount of feed (as advised by your healthcare professional) close the purple roller clamp and clamp your feeding tube, remove the feeding set from your tube
23. As per steps 12 - 15 flush your feeding tube with water as advised by your healthcare professional (Unclamp your feeding tube once you have removed the syringe and replaced the cap on your feeding tube, to avoid the tube flattening over time and becoming damaged)
24. Wash and dry your hands.

IMPORTANT INFORMATION

- Do not worry if your feed runs a little faster or slower than expected.
- If you experience any difficulties, contact your healthcare professional for advice.