

# FEEDING YOUR CHILD USING A GRAVITY FEEDING SET

## WHAT IS GRAVITY FEEDING?

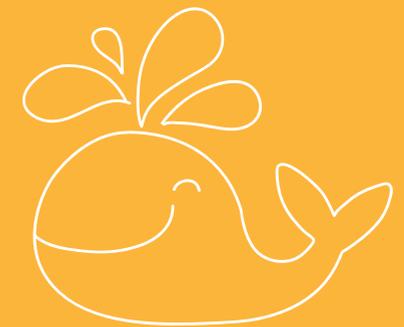
Gravity feeding is a way of receiving a set amount of prescribed feed via your child's feeding tube if they are unable to take their full nutritional requirements by mouth. The feed they receive contains the nutrients needed to meet their nutritional requirements. Their feed is given using a gravity feeding set at a speed recommended by your child's 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 your child if you have been advised to do so by their healthcare professional as this method of feeding is not suitable for everyone.
- If your child has a nasogastric feeding tube, you need to make sure the tube is in the right position before giving any feed or water. Your child's healthcare professional will advise you on how to do this.
- Your child's healthcare professional will tell you how much and what sort of water to use for flushing their 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](http://www.abbottnutrition.ie)

## WHAT SHOULD YOU DO?

1. Collect all the equipment required
2. Check the label and expiry date on your child's feed to make sure it is the correct product and not out of date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 child's feeding container
7. Hang your child's feeding container on a hook or similar device. This should ideally be above head height of your child
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. Get your child to sit in an upright position during feeding if possible (or at least at a 45 degree angle)
11. Check your child's feeding tube position if necessary, and ensure the tube is clamped if it has one
12. Fill the syringe with the amount of water advised by your healthcare professional
13. Remove the cap from your child's feeding tube, attach the syringe, and unclamp your tube
14. Flush your child's feeding tube with the water in the syringe
15. Clamp your child's feeding tube and remove the syringe
16. Attach the gravity feeding set to your child's feeding tube (release the clamp on your child's feeding tube if it has one)
17. Slowly open the purple clamp on the feeding set until your child's 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 child's normal feeding rate – as directed by their healthcare professional
19. Use your watch or clock to time your child's feeding rate (as advised by their 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 child's desired feeding rate, you can continue to feed until the volume of feed they require has been completed
22. When your child has had the required amount of feed (as advised by their healthcare professional) close the purple roller clamp and clamp their feeding tube, remove the feeding set from their tube
23. As per step 12-15 flush your child's feeding tube with water as advised by their healthcare professional (Unclamp your child's feeding tube once you have removed the syringe and replaced the cap on your child's 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 child's feed runs a little faster or slower than expected.
- If you experience any difficulties, contact your child's healthcare professional for advice.

