

## *Bolus Administration of Formula Into your PEG / G-Tube / J-Tube / NG Tube*

Bolus feedings should be administered over a 15 minute time period at room temperature. Formula can be stored at room temperature. Avoid keeping formula in extreme temperatures as this may alter the consistency and stability of the formula.

### Supplies

- Enteral formula
- 60cc syringe
- Tap water

### How to Bolus Formula

- 1) Wash your hands or use antibacterial hand sanitizer. Wearing gloves is optional.
- 2) You may want to place a towel in your lap.
- 3) Wipe off the top of the formula can with a clean paper towel.
- 4) Shake can well, open, and set aside.
- 5) Remove the plunger from the syringe and set aside. (If you have a J-tube or small NG tube, you may have to use the plunger to push formula and water slowly into the tube.)
- 6) Clamp your tube if it is not already. If your tube does not have a clamp, hold the tube up towards your heart and pinch the tube at the bottom of the port.
- 7) Keeping the tube clamped, remove the cap from the main feeding tube port.
- 8) Attach the syringe to the tube and unclamp the tube.
- 9) Hold both the feeding tube port and bottom of the syringe with your non-dominant hand.
- 10) Administer a water flush.
- 11) Administer formula by either pouring formula directly from the can into the syringe or by transferring formula into a more easy-to-pour device and then pouring formula into syringe.
- 12) Slowly pour the formula into the syringe, which will flow into your tube by gravity. You can control how quickly the formula enters your stomach by adjusting the height at which you hold the tube. (ex: Lowering the tube slows down the water.) If the formula is very thick and will not progress into the feeding tube by gravity or you have a J-tube or small NG tube, you can use the plunger to slowly push the formula into the tube.
- 13) Once all formula has been administered, administer another water flush.
- 14) Clamp the tube.
- 15) Remove the syringe.
- 16) Reattach the cap to the port on the feeding tube.
- 17) Wash syringe with soap and water and allow to air dry.
- 18) If any formula is left in the can, cover it and refrigerate. When ready to reuse, warm a bowl of water and sit can in warm water to bring to warm or room temperature.

***Always flush your tube with warm or room temperature water after administering anything into the tube.***