

Administering water flushes

Water flushes are administered to provide adequate hydration and to prevent tube clogging.

- Use a 60 mL syringe to flush your feeding tube slowly with lukewarm water
- Flush with _____ mL water before and _____ mL water after feeding
- Flush with an additional _____ mL water each day

Never use excessive force to flush your tube.

Tips for success

- **DO NOT** give tube feeding if your stomach is upset or if vomiting.
- If you develop an uncomfortable feeling of fullness, slow down the feeding or wait one hour before giving more feeding.
- **DO NOT** put anything other than formula or water into the tube unless specifically instructed to do so by your healthcare provider.

DRAFT

Call your nurse or doctor with any questions or concerns



Your Option Care Health team is available on call 24/7/365 to assist you.

To view video instructions and access additional educational resources, visit optioncarehealth.com/education.