

Bolus, or syringe feeding, is the most common method for home tube feeding. A bolus is a specific amount of formula (usually 1 can) given over a short period of time (less than 10 minutes) using a large 60 mL (2 ounce) syringe. Typically, a bolus feeding is given several times throughout the day (around 3-5 times) mimicking daily eating of breakfast, lunch, dinner, and 1-2 snacks. It is helpful to be sitting upright while receiving a bolus feeding and to remain upright for 30 minutes after to minimize any reflux side effects.

## Supplies Needed:

- Clean 60 mL Syringe
- Room Temperature Water
- Clean Cup
- Tube Feeding Formula
- Towel



## Steps for Bolus Feeding:

1. Wash your hands thoroughly (see instructions on Proper Handwashing on the 'Introduction to Your Feeding Tube' handout).
2. Before opening, wipe off the top of the formula container and shake the can to avoid settling.
3. Remove the plunger from the 60 mL syringe and set aside.
4. Set towel on your lap to avoid any spills.
5. With the tube clamped or pinched, open the cap on the end of your feeding tube port.
6. Place the end of the syringe into your feeding tube port and hold at the connection site.
7. Unclamp or unpinch the tube and pour prescribed amount of room temperature water into your feeding tube, letting it drain by gravity (flush with 60 mL of water if specific amount is not prescribed).
8. Once the water has drained through the syringe, begin to pour the prescribed amount of formula directly into the syringe.
  - a. If formula does not drain, you may put the plunger back into the syringe and gently push down to slowly force the formula into the feeding tube (use caution as pushing too fast may cause GI distress).
9. Continue to pour formula into the syringe until prescribed amount has been administered.
10. Pour prescribed amount of room temperature water (or 60 mL if amount not prescribed) to flush the tube clean after the formula has been given.
11. Clamp or pinch the feeding tube, remove the syringe, and recap the end of the feeding tube port.
12. Wash the syringe with warm soapy water and rinse with clean water to store for next use.