





## 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](https://optioncarehealth.com/education).