SAMPLE FEEDING SCHEDULE

PUMP

NUTRITIONAL GOAL: ______ cans of _________________________ per day and ______ cups ( ________ oz) of water per day

Pump rate options: (see back of this page “Cycling”)

<table>
<thead>
<tr>
<th>Pump Rate</th>
<th>Hours</th>
<th>Cans per Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>_______ ml/hr X ______ hours</td>
<td>= _______ cans per day</td>
<td></td>
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</tr>
</tbody>
</table>

Below is a sample schedule of the tube feeding rate you are currently tolerating.

___:___ Start with a new feeding bag.

Using a syringe, flush your feeding tube with _____cc (ml) water.
Add ____can(s) formula to bag. Run pump at _______ml per hour.

___:___ When your bag is empty, rinse out your feeding bag with warm water.

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___:___ When your bag is empty, rinse out your feeding bag with warm water.

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Add ____can(s) formula to bag. Run pump at _______ml per hour.

___:___ When your bag is empty, rinse out your feeding bag with warm water.

Using a syringe, flush your feeding tube with _____cc (ml) water.
Add ____can(s) formula to bag. Run pump at _______ml per hour.

Additional Fluid Needs: _____cups ( ________ oz) per day in addition to above flushes.
If fluids not taken by mouth, then they must be given through the feeding tube.

Prepared for __________________________ Date:__________
HomeMed Nutritionist:_________________________ 1-800-862-2731 ext. __________
TO PREVENT FOOD BORNE ILLNESS
FROM BACTERIA IN FORMULA:

After a can of formula has been opened it should remain at room temperature for no longer than **8 hours**.

Use the chart below to be sure the formula does not hang in the bag for more than 8 hours.

If the pump rate is set at ____ ml/hr, pour up to ____ cans into the bag.

<table>
<thead>
<tr>
<th>Pump Rate</th>
<th>Cans</th>
</tr>
</thead>
<tbody>
<tr>
<td>20</td>
<td>½</td>
</tr>
<tr>
<td>30</td>
<td>1</td>
</tr>
<tr>
<td>40</td>
<td>1</td>
</tr>
<tr>
<td>50</td>
<td>1½</td>
</tr>
<tr>
<td>60</td>
<td>2</td>
</tr>
<tr>
<td>70</td>
<td>2</td>
</tr>
<tr>
<td>80</td>
<td>2½</td>
</tr>
<tr>
<td>90</td>
<td>3</td>
</tr>
<tr>
<td>100</td>
<td>3</td>
</tr>
<tr>
<td>110</td>
<td>3½</td>
</tr>
<tr>
<td>120</td>
<td>4</td>
</tr>
<tr>
<td>&gt;130</td>
<td>4</td>
</tr>
</tbody>
</table>

Be sure to rinse the tube feeding bag and tubing with water before adding more formula. The bag should be rinsed out at least every 8 hours.

**CYCLING TUBE FEEDINGS**

In order to have some time off the tube feedings during the day, you may prefer to cycle your feedings. This is done by running the pump faster to deliver the same amount of formula over a shorter period of time.

To minimize the amount of time spent hooked up to the pump, increase the pump rate as tolerated to the goal set by the HomeMed clinician. Increase the pump rate by 5-10 ml/hr increments every 1-4 days as tolerated. If at the new rate you experience any diarrhea, nausea, cramping, or bloating, go back to the previous tolerated rate and stay at that rate for about 3 days, then continue to increase the rate as tolerated.