

Enteral Nutrition: Step-by-Step

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The first step in designing a feeding plan that incorporates esophagostomy and gastrostomy tubes is to calculate the patient's daily resting energy requirement at current body weight (see **RER Calculation**, page 27). The second step is to determine how many times per day the patient will be tube-fed. After an appropriate diet is selected, it must be diluted and mixed sufficiently to form a slurry or liquefied diet.

What You Will Need

- Good quality blender
- Canned diet of choice
- Strainer
- Appropriate-sized feeding tube
- Catheter-tip syringe
- Bowl
- Spatula
- Storage container



Step-by-Step ■ Feeding Slurries

Step 1

Place the desired amount of diet in a blender. Add enough water to form the appropriate consistency needed for tube administration. Blend on high speed for 2–3 minutes.



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Step 2

Pour the reconstituted slurry through a strainer and discard remaining chunks.



Step 3

Aspirate a portion of the slurry into a catheter-tip syringe.



Step 4

Run the sample through a feeding tube of the same diameter and type as the one placed in the patient to ensure adequate flow. Monitor for any evidence of clogging. If clogging occurs, add more water to the slurry to dilute further.



Step 5

Pour the final product into a clean container. Keep refrigerated until use. Discard after 48 hours.

■ **cb**



See **Aids & Resources**, back page, for references & suggested reading.