

Enteral tubes are tubes designed to administer liquid feed into the digestive system. Sometimes they are used to administer medicines and this leaflet will outline how this can be done safely.

### PERSONAL INFORMATION

Name: \_\_\_\_\_

Number of enteral tubes: \_\_\_\_\_

Tube used for medication, if more than one: \_\_\_\_\_

Medication tube details: \_\_\_\_\_

Make: \_\_\_\_\_

Size: \_\_\_\_\_

Internal exit point: Stomach  Jejunum  Date inserted: \_\_\_\_\_

### STEP BY STEP GUIDE

You will have been told what type of water to use. The volumes suggested in this leaflet are a guide, and your specific amounts may vary, see below.

#### How do I take my medicines?

If you can still swallow your medicines, you should take them this way. If you need to give your medicines via your feeding tube, you should follow these instructions.

1. Switch off the feed if it is running.
2. Flush the tube with \_\_\_\_\_ml of water (at least 30ml or as directed by your healthcare professional) using a push, pause action/technique.
3. Prepare your medicine as instructed e.g. crush tablet and disperse in water (this should be done one medicine at a time, unless you have been told otherwise).
4. Give medicine down tube using EnFit® syringe only.
5. Draw up 10ml of water into the same syringe and flush down tube.
6. Repeat from step 3 if giving more than one medicine.
7. Finally flush tube with \_\_\_\_\_ml of water.
8. Restart feed if necessary. You may need to allow some time for the medicine to work: See the special instructions section on your personalised medication details (below).

## TYPES OF MEDICINES

Check with your pharmacist or a healthcare professional that your medicine is the correct form for administering down a tube. If the wrong medicine is used this may lead to tube blockage.

Tablets or capsules will be immediate release unless otherwise stated e.g. Special Release\*.

### **Immediate Release Tablets**

Some tablets will disperse if left in water unless they are sugar or film coated.

You should only crush tablets to put down your feeding tube if advised by your pharmacist or nutrition nurse. Tablets can be crushed using a tablet crusher which is available from your local pharmacy.

### **Soluble or Dispersible Tablets**

These tablets dissolve or break down completely in water to leave a clear or coloured solution.

### **Immediate Release Capsules**

Most capsules have a gelatine shell with loose powder inside. These capsules can sometimes be opened, and the contents mixed with water. Some contain granules and others are soft capsules filled with liquid. Advice should be sought before giving these via your tube.

### **Special Release\* Capsules/Tablets**

These can be called slow release, modified release or enteric coated and usually have the letters XL, LA, SR, PR MR, EC or CR in the name. These should NOT usually be crushed and are not suitable for use via a feeding tube, unless specifically advised by your pharmacist.

### **Liquids**

Liquid medicines can be solutions, syrups or suspensions. Some liquid medicines are very thick and you may be advised to mix them with water before putting down the tube. This should be done just before giving the dose.

### **Sachets and Granules**

These need to be mixed with water before putting down your tube. Advice should be sought if described as a special release formula.

## FURTHER INFORMATION

For information about patient support groups see [www.pinnt.com](http://www.pinnt.com)

Contact details for further advice: \_\_\_\_\_

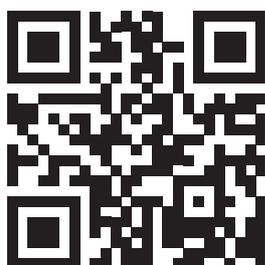
Completed by: \_\_\_\_\_

Profession: \_\_\_\_\_

Date: \_\_\_\_\_

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