

# Step by Step: Caring for Your Abdominal Feeding Tube

Whether you use gravity, a syringe, or a pump, caring for your abdominal feeding tube is the same.

To care for your feeding tube:

1. Scrub your hands with soap and water for at least 20 seconds, before touching the tube.
2. Clean the end or the opening of the tube every day with a clean wipe, as advised by your care team.
3. Before and after feedings or giving medicines, clean your feeding tube with a syringe with warm water, flushing the tube.
4. Clamp the tube when you're not using it.
5. Use medical tape to secure the tube to your body so the end is facing up. If you have allergies to the adhesive in the medical tape, use hypoallergenic, latex-free, and non-reactive medical tape.

Look for medical tape in your local drugstore.

Change the position of the tape every few days or as instructed by your care team.

6. Keep the skin around the tube clean and dry. Observe the skin for redness, inflammation, or a rash.
7. Scrub your hands with soap and water for at least 20 seconds.

Follow your care team's instructions on how to clean your supplies.

8. If you have any problems, call your care team right away.