Breastfeeding
Breastfeeding your Baby using a Feeding Tube

This method should be used only after instruction and demonstration by a health care provider.

A feeding tube is used at the breast
- to give a baby extra milk (supplement) while breastfeeding, usually for medical reasons.
- to keep a baby breastfeeding and teach the baby to stay latched at the breast.

Getting ready
- Wash your hands.
- Gather the supplies:
  - expressed breast milk (1st choice) or artificial baby milk (formula)
  - 15” #5 French feeding tube
  - syringe
  - tape (optional)

Preparing the feeding tube and syringe
Filling the syringe
- Hold tip of the syringe in the milk.
- Pull back on plunger to fill syringe with milk.
- Remove any air from the syringe by:
  - pointing the tip of the syringe upwards
  - pulling back on the plunger to draw milk from the tip
  - pushing the plunger upwards until the air is pushed out and milk fills to the end of the tip of the syringe.
- Attach syringe to the large end of feeding tube.
- Push milk through the feeding tube to fill it with milk.

Method 1
- Tape the feeding tube onto your breast with the tip of the feeding tube not going past your nipple.
- Latch baby onto your breast in any feeding position you prefer.

Method 2
- While your baby is latched at the breast, slip the feeding tube into the corner of the baby’s mouth, aiming towards the roof of the mouth.
- After every 3 to 4 sucks or when your baby’s suckling slows down at the breast, push syringe plunger slowly. Do not press the plunger faster than your baby can easily suck and swallow. When baby stops sucking, stop pressing the plunger. Some babies are able to suck the milk without pushing the plunger.
Cleaning the feeding tube and syringe

In the Hospital
- A new feeding tube and syringe are used with each feed and disposed of after.

At Home
- Take apart the syringe.
- Wash the feeding tube and syringe with warm, soapy water.
- Use the syringe filled with warm water to rinse the inside of the feeding tube by pushing water through the feeding tube.
- Push air through the feeding tube with a syringe and hang to dry.
- Rinse syringe well with clean water. Place on a clean, dry cloth and allow to air dry.
- **Do not** boil the syringe or feeding tube.
- Use a new feeding tube and syringe every 24 hours approximately.

Remember
- This method only works if your baby is latching well at the breast.
- Using a feeding tube with a syringe is usually a temporary way to feed your baby.
- The first milk of choice used to supplement your baby is your own expressed breast milk.
- Only use this method after you have been shown by your health care provider.
- Consult your health care provider if feeding problems continue.

For information call
- Local Public Health Nurse
- Maternity Visiting Program (306) 766-3700
- Regina Public Health (306) 766-7500
- Lactation Consultant
- Local Health Care Provider
- 24 hour HealthLine dial 811