

Schematic Description for Tube Feeding Process

管灌流程說明(英文版)



Step 1

- ☑ Get ready the stuff for tube feeding: towel, boiled water, needle-stick/syringe, the diet of tube feeding formula.

步驟 1

- ☑ 準備灌食用品：毛巾、開水、灌食空針及灌食配方。



Step 2

- ☑ To avoid bacterial infection, one should wash his/her hands before tube feeding.

步驟 2

- ☑ 每次灌食前應洗淨雙手，灌食前後清洗灌食器具，避免細菌感染。



- ☑ Wash and clean tube feeding appliances before and after each tube feeding, and check the temperature of the food for tube feeding in case of a too high or too low temperature.

- ☑ 灌食前應檢查灌食配方溫度，避免過冷或過熱。

- ☑ To avoid the case of aspiration pneumonia, the patient's head should be raised or the patient should be kept in semi-sitting position of over 45 degree.

- ☑ 灌食前使個案頭部抬高或半坐臥 45 度以上，避免吸入性肺炎發生。



Step 3

- ☑ Set a towel on the individual's chest

步驟 3

- ☑ 在個案胸前鋪上一條毛巾。





✚ Step 4

- ☑ Check if the tape labeled for the position of NG tube is fixed or tangled in the mouth. (Please stop the tube feeding and mention the medical personnel if the tape is moved)

步驟 4

- ☑ 檢查鼻胃管位置膠布標記是否有滑脫移位，有否在嘴內纏繞〈若有滑脫移位，請停止灌食並聯絡醫護人員處理〉。



✚ Step 5

- ☑ Bend the gastric tube back, connect it to an empty needle stick, and draw out the contents in the stomach

步驟 5

- ☑ 將鼻胃管反折，接上空針，反抽胃容物。



✚ Step 6

- ☑ If the contents drawn out are less than 1/2 feeding volume, it is allowed to continue the tube feeding.

步驟 6

- ☑ 若反抽物少於 1/2 灌食量，則可以繼續灌食。
- ☑ If the contents draw out are more than 1/2 feeding volume, it is necessary to inject them back and stop the tube feeding; draw them out again after 1 hour, and it is allowed to continue the tube feeding if they are less than 1/2 feeding volume. (If the color of what have been drawn out is cardinal, brown or blackish green, do not inject them back and immediately contact the medical personnel).
- ☑ 但若反抽物大於 1/2 灌食量，則需先將反抽物灌回，暫不灌食；待 1 小時再次反抽，若反抽物少於 1/2 灌食量，則可以繼續灌食〈若反抽物顏色為鮮紅色、咖啡色、暗綠色，不可以將反抽物灌回，請停止灌食並聯絡醫護人員〉。





Step 7

- ☑ When attempting for tube feeding, bend the gastric tube back first and connect it to an empty needle stick, followed by the addition of the diet. The needle-stick/syringe should be higher than the position of the stomach by 45 cm.

步驟 7

- ☑ 灌食時，先將鼻胃管反折，接上空針，倒入灌食配方，針筒需在胃部上方 45 公分。



Step 8

- ☑ Hold the needle-stick/syringe by a hand to let the diet flow down in a slow rate. The total time should be more than 15 min.

步驟 8

- ☑ 手持針筒，讓灌食配方自然慢慢流下，灌食速度要慢，時間不可少於 15 分鐘。



Step 9

- ☑ When the diet is going to finish, one should bend the gastric tube back right away in case of entrance of air to eliminate the occurrence of flatulence.

步驟 9

- ☑ 當配方快灌食完時，立即反折胃管，避免空氣進入，減少個案腹脹不適。



Step 10

- ☑ After the feeding, it is necessary to flush the tube with warm boiled water of 30~50 c.c. to make the tube be clean without obstruction.

步驟 10

- ☑ 灌食後，需以溫開水約 30~50 毫升沖洗管子，以維持管子暢通及清潔。



Step 11

- ☑ Bend the NG tube back to close down the entrance.

步驟 11

- ☑ 將鼻胃管反折，關閉開口。



馬偕紀念醫院
Mackay Memorial Hospital

若需進一步指導，請照會營養師或預約營養門診：
台北(02)2543-3535 轉 2026；淡水(02)2809-4661 轉 2051
馬偕紀念醫院營養醫學中心 編印 110 年 01 月 28 日 修訂

Caution

注意事項

During the tube feeding, if any abnormality is coming to the individual (like a lasting cough, vomit, the face which is turning blue, etc.), it is required to stop the tube feeding immediately and contact the medical personnel for a solution.

灌食過程中，若個案有任何異常情形〈如不停咳嗽、嘔吐、臉色發紫等〉，應立即停止灌食，並尋求醫護人員協助。

After finishing the tube feeding for 1 hour, it is allowed to let the patient lie down. If the individual can move easily, one should encourage the individual to do some light exercises helpful to the digestion. Any action that will pressure the belly should be avoided, like cough, restraint of the belly, hiccough, turning the body over, postural drainage, etc.

灌食一小時後，才使個案躺平。若個案可以自由活動，應鼓勵其灌食後，做些輕度活動幫助消化，但避免增加腹部壓力之動作，如：咳嗽、束腹、打隔、翻身、拍痰……等。



Tube Feeding Schedule

管灌飲食配方

Name _____

姓名

Height _____ cm; Current weight _____ kg; Ideal weight _____ kg

身高 _____ 公分 目前體重 _____ 公斤 理想體重 _____ 公斤

Suggested calories _____ kcal/day; protein _____ gm; fat _____ gm

建議熱量 _____ 大卡/天 蛋白質 _____ 克 脂肪 _____ 克

Contents of tube feeding diet

灌食配方內容

Commercial diet name 商業配方名稱	Breakfast 早餐	Snack 早點	Lunch 午餐	Snack 午點	Dinner 晚餐	Snack 夜點
Salt (g) 鹽 (克)						
Water (c.c.) 水 (c.c.)						

※ Maltodextrin 粉飴

※ Yeast powder 酵母粉

※ Vegetable oil 植物油



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