



# How to Unclog a Feeding Tube

This guide will walk you through a series of techniques that may be successful in fixing a clogged feeding tube.

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## INTRODUCTION

Over half a million Americans rely on a feeding tube for proper nutrition, myself included. Although these are lifesaving tools, they are not infallible. Often, they become clogged even with proper maintenance. This guide will provide home solutions on how to fix a clogged tube, hopefully saving one's self an arduous trip to the hospital.



### TOOLS:

- [35ml Plunger](#) (1)
- [10ml Plunger](#) (1)
- [container](#) (1)
- [Coca-Cola](#) (1)
- [Hot water](#) (1)
- [Meat Tenderizer](#) (1)



## Step 1 — How to Unclog a Feeding Tube



- Test your tube. Use a 35ml plunger to test your tube, just to confirm it is clogged.
- ★ Exert a decent amount of force.

## Step 2



- Massage the tube. Roll the tubing in between your fingers and “massage” it.
- i The clog may be in the external tubing and doing so may break it up.

## Step 3



- Switch to a smaller plunger. Start using a 10ml plunger.
- ⓘ The smaller the plunger, the more pressure is exerted.

## Step 4



- Flush hot water. Fill your 10ml plunger (and extension tubing, if applicable) with hot water. As hot as you can safely tolerate. Use this to flush your tube.

## Step 5



- Pulsate. Pulsate the 10ml plunger back and forth, in quick motion. This helps to dismantle the clog.



## Step 6



- Flush a combination of hot water and meat tenderizer. If your tube is still clogged, fill your 10ml plunger (and extension tubing, if applicable) with a combination of hot water and meat tenderizer.

**i** The tenderizer is known to break up clogs.

## Step 7



- Pulsate. Pulsate the 10ml plunger once again, in a quick motion.

## Step 8



- Flush Coca-Cola. If your tube is still clogged, fill your 10ml plunger (and extension tubing, if applicable) with Coca-Cola. Flush your tube.
- ⓘ Regular coke is the best for breaking up clogs due to its carbonation levels.

## Step 9



- Pulsate, then let Coca-Cola sit. Pulsate the 10ml plunger once again, in a quick motion. If the clog persists, allow the Coke to sit in your tube.

- ☒ You may leave the Coke in your tube for up to one hour.

## Step 10



- Test your feeding tube. It should flush easily.

The hope is to successfully unclog the feeding tube at home. Of course, always contact your health care physician in times of concern.



