

Alternate feeding methods

Lactation Services at Wesley Medical Center
316-962-8597

1. **To supplement at the breast with supplementer (SNS) or NG tube and syringe:**
 - Wash your hands.
 - Fill the supplementer with the desired amount of supplement. Fill the tube and clamp it off.
 - Tape the tube to your breast so that the tube extends past the nipple one-eighth inch.
 - After your baby latches on, unclamp the tubing. As your baby sucks, the supplement will come out. If you are using an NG tube and syringe, gentle pressure on the syringe may be needed to get the supplement to come out.

2. **To supplement with a cup:**
 - Wash your hands.
 - Pour desired amount of supplement into a small medicine cup.
 - Hold your baby upright, and lightly touch the cup to baby's lower lip. As baby's mouth opens, tilt the cup until milk touches the lower lip. (DO NOT pour milk into the baby's mouth.)
 - The baby should sip or lap the milk as the milk touches his lip.
 - Continue doing this until the full amount is taken.
 - If baby coughs or chokes, stop and lean baby forward to allow clearing of the throat.
 - Burp the baby frequently.

3. **Cleaning your equipment:**
 - All feeding tubes, syringes and cups must be completely cleaned after each use.
 - Use a brush to reach small openings.
 - Rinse with cool water.
 - Wash with warm water and soap, pushing water through any supplementer tubes (not the breast pump tubing).
 - Rinse with warm water.
 - Air dry.