



St Mark's Intestinal Failure Patient Newsletter

Merry Christmas from all of us at
St Mark's



December 2015

Flushing your line

- Why?

To prevent the line from becoming blocked from feed or medication remaining within the line.

- When to flush?

We now recommend you flush before connecting a feed as well as when you disconnect. Some of you may not have been taught to flush before connecting. If you don't currently flush before connecting we would suggest that you do. As this requires a change to your prescription to increase the number of flushes you receive, please contact us if we need to make an adjustment to your prescription.

- How to flush?

By using a technique known as "push-pause" flushing. This is where you inject 1 mL of fluid, then stop, then inject the next 1 mL of fluid, then stop and so on until you reach the last mL of fluid. This is more effective at clearing the fluid that is sitting in your line than if you flush with constant pressure on the syringe plunger. When there is 1 mL of flush left you should then clamp your line before removing the syringe as this will discourage the backflow of blood into your line.



Stock rotation

Do you routinely check the expiry dates on your feed and ancillaries and move things with a shorter shelf life to the front so that they can be used first?

Items will not all have the same shelf life and so it is important to keep an eye on expiry dates and use items with a shorter shelf life first.

Contacting the nutrition team over the Christmas break

- Thursday 24 December 2015 – Full service, including Dr Gabe nutrition clinic
- Friday 25 December 2015 – Bank Holiday
- Saturday 26 December 2015 – Usual weekend service
- Sunday 27 December 2015 – Usual weekend service
- Monday 28 December 2015 – Bank Holiday
- Tuesday 29 December 2015 – Full service
- Wednesday 30 December 2015 – Full service
- Thursday 31 December 2015 – Full service, including Dr Gabe nutrition clinic
- Friday 1 January 2016 – Bank Holiday



At weekends and Bank Holidays if you have a problem you should phone St Mark's switchboard 0208 235 4000 and ask to speak to the medical registrar on call for St Mark's