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For enquiries and appointments, please contact us



How to Prepare Home Congee Mixture (Blenderised Tube Feeding)



Introduction

When oral intake is inadequate to support health, often due to poor appetite or swallowing difficulties, tube feeding may be needed. Doctors and dietitians will prescribe a feeding regimen correspondingly. The prescriptions can be commercial formulas such as Ensure, Nutren Optimum; or “congee mixture” that is made of blended fresh raw ingredients (also known as “Blenderised Tube Feeding” in Europe and the United States). In some patients, tube feeding may help to improve symptoms of abnormal bowel movement, vomiting and regurgitation, especially for people who have milk allergy or intolerance. Patients and their families often prefer congee mixture to commercial formulas for enteral feeding because it is made from natural ingredients, has greater flexibility in nutritional adjustment such as mineral content and is often associated with better gastrointestinal tolerance. This booklet shows you how to make congee mixture at home based on a tailor-made recipe provided by your dietitian.

Equipment

1. Feeding pump

- Examples: Fresenius Applix Smart or Nestle Compat Ella (Pump model might vary depends on supplies' stock and availability. Please refer to the latest information from the companies)
- Congee mixture is thicker than commercial formula and a feeding pump can ensure that the congee mixture can be fed through the feeding tube in a constant rate, i.e. at 300ml per hour

Please contact the suppliers below for further information on ordering and purchasing, latest models and usage.

Feeding pump			
	1. Applix Smart <input type="checkbox"/>	2. Amika <input type="checkbox"/>	3. Compat Ella <input type="checkbox"/>
			
Company	Fresenius Kabi		Nestle
Ownership	For purchase or on loan		For purchase or on loan
Contact	https://www.fresenius-kabi.com/hk ☎ 5208 5793		https://www.nestlehealthscience.com.hk/ ☎ 8203 0686

2. Feeding bag



3. Blenders (preferably with a motor power at 1200 watts or above and a blender jar volume of 1.5L or above)



4. Drip Stand (optional)



5. Sieve (strain the blended mixture)

- With a pore size of about 0.4 to 0.8mm and a diameter of about 20cm



6. Food scale

- With 1 gram increment



7. Food thermometer



8. Measuring cups or jars

- Larger than the feeding volume for each feed (e.g. 500ml)



9. Containers with lids



10. Basic cooking utensils

- For example, pot, cutting board, knife and ladle



How to Prepare Rice Water

1. Add 40 gram of uncooked rice to 1,000ml water, boil down to 500ml.
2. Use sieve to strain the rice water.



Your Congee Mixture Recipe (Tailor-made by Dietitian)

Date: _____

食材 Ingredients	份量 Portion	備註 Remarks
<input type="checkbox"/> 白飯 Rice	克Gram	
<input type="checkbox"/> 紅米飯 Red Rice / <input type="checkbox"/> 糙米飯 Brown Rice	克Gram	
<input type="checkbox"/> 馬鈴薯(生) Potato (raw) / <input type="checkbox"/> 燕麥(生) Oatmeal (raw)	克Gram	
<input type="checkbox"/> 菜心(生) Choy Sum (raw) / <input type="checkbox"/> 小棠菜(生) Shanghai Cabbage (raw)	克Gram	
<input type="checkbox"/> 甘筍(生) Carrot (raw) / <input type="checkbox"/> 蕃茄(生) Tomato (raw) / <input type="checkbox"/> 南瓜(生) Pumpkin (raw)	克Gram	
<input type="checkbox"/> 西蘭花(生) Broccoli (raw) / <input type="checkbox"/> 冬瓜(生) Winter Melon (raw) / <input type="checkbox"/> 節瓜(生) Hairy Melon (raw)	克Gram	
<input type="checkbox"/> 鹽 Salt	克Gram	
<input type="checkbox"/> 芥花籽油 Canola oil / <input type="checkbox"/> 橄欖油 Olive oil	毫升Millilitre	
<input type="checkbox"/> 斑片(生) Grouper (raw) / <input type="checkbox"/> 三文魚(生) Salmon (raw)	克Gram	
<input type="checkbox"/> 瘦豬肉(生) Lean pork (raw) / <input type="checkbox"/> 牛肉(生) Beef (raw)	克Gram	
<input type="checkbox"/> 雞肉(生) Chicken (raw)	克Gram	
<input type="checkbox"/> 嘉寶嬰兒雞肉 Gerber Baby Food (Chicken)	樽Bottle	
<input type="checkbox"/> 全蛋 Whole egg / 蛋白 Egg white	隻Piece	
<input type="checkbox"/> 無糖豆奶 Sugar free soymilk / <input type="checkbox"/> Oatly 燕麥飲品 – 原味 Oatmilk Original	毫升Millilitre	
<input type="checkbox"/> 軟豆腐 Soft tofu / 硬豆腐 Firm tofu	克Gram	
<input type="checkbox"/> 西梅 Prune	粒Piece	
<input type="checkbox"/> 薑汁 Ginger juice	毫升Millilitre	
<input type="checkbox"/> 蘋果(去皮) Apple (peeled)	克Gram	

食材 Ingredients	份量 Portion	備註 Remarks
<input type="checkbox"/> 果皮 Mandarin peel	克Gram	煮後拿起 Take out after cooking
<input type="checkbox"/> 嘉寶嬰兒純米粉 Gerber Rice Cereal	克Gram	後加，不用煮 Do not heat, add after cooking
<input type="checkbox"/> 佳膳糖尿配方 Nutren Diabetes / <input type="checkbox"/> 佳膳纖維配方 Nutren Fibre	克Gram	
<input type="checkbox"/> 補能素 Polycal	克Gram	
<input type="checkbox"/> 蛋白補 Beneprotein / <input type="checkbox"/> 蛋白樂 Fresubin Protein	克Gram	
<input type="checkbox"/> 纖維樂 Optifibre	克Gram	
<input type="checkbox"/> 佳易得 Peptamen Prebio	毫升Millilitre	
<input type="checkbox"/> 天源素 Compleat / <input type="checkbox"/> 怡腎康 HP Nepro HP	毫升Millilitre	
<input type="checkbox"/> 力源素血糖配方 Resource Diabetic / <input type="checkbox"/> 怡保康 Glucerna	毫升Millilitre	
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		

Please note that the above feeding regimen is based on the dietitian's assessment on ____/____/____(DD/MM/YY). Regular follow-up with your dietitian is recommended for any feeding regimen adjustment.

Please follow up with your dietitian in ____weeks.

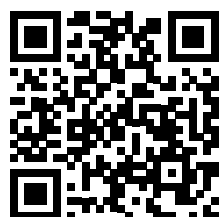
Note

Pork can be replaced by the same amount of fish or other meat (e.g. chicken without skin, lean beef, boneless fillet, etc.)

Preparing Your Congee Mixture

1. Measure all ingredients according to your congee mixture recipe. For raw ingredients, cut them into small pieces for easier cooking and blending.
2. Boil _____ml (volume) water or rice water. Once it is boiled, put in all the raw ingredients (i.e. meat, vegetable, egg or tofu) and bring to a boil.
3. Once all raw ingredients are cooked, lower the heat and put in all other food ingredients, i.e. cooked rice, fruit, oil and salt into the boiling mixture. Cook for another 2 to 3 minutes and remove from heat.
4. Pour the above mixture into the blender and add powdered or liquid nutrition supplements, i.e. rice cereal, Compleat, Polycal or Beneprotein, etc. Blend for 5 to 8 minutes until smooth.
5. Strain the blended mixture (there should be only a little residue, i.e. about 1/2 to 1 tbsp).
6. Pour the mixture into a measuring jar. When the bubbles are settled, add boiled water or rice water up to the total volume: _____ml.
7. You may measure and divide the mixture into separate feedings using individual containers. Store the mixture in a refrigerator under 4°C.
8. Take out the required content _____ml (volume of each feed) and reheat the mixture to 75°C or above before feeding. You may start feeding when the mixture has cooled down to 45°C.
9. Discard unused congee mixture or rice water after 24 hours.

You can scan this QR code for a sample of video clip:



Feeding Regimen and Nutrition Profile

Feeding volume, frequency and time	_____ ml X _____ times (_____)
	_____ ml X _____ times (_____)
	_____ ml X _____ times (_____)
Feeding rate	_____ ml per hour
Volume of water flush before feeding	_____ ml X _____ times
Volume of water flush after feeding	_____ ml X _____ times
This regimen provides:	
Calories: _____ Kcal	Sodium: _____ mg
Protein: _____ g	Potassium: _____ mg
Fat: _____ g	Phosphorus: _____ mg
Carbohydrates: _____ g	Iron: _____ mg
Fibre: _____ g	

Date: _____ (DD)/ _____ (MM)/ _____ (YY)

Height: _____ m

Weight: _____ kg

BMI: _____ kg / m²

Ideal body weight: _____ kg

Tube feeding tips: Probe the patient's head to at least 45 degree during feeding and for at least 30 to 60 minutes after feeding to help digestion.

Your Dietitian's Name Card

Notes

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