

Reducing plastic usage

We are continually looking at ways to minimise the environmental impact of our services. One of the ways we are doing this is trying to reduce amount of wastage and manage the amount of rubbish produced through enteral feeding. The dietitians in Berkshire are currently trying to reduce the amount of plastic used in our enteral feeding community and will be talking with you about this issue at your next review.



How can I help with this?

- ✓ Using re-usable syringes where possible. Each syringe can last for up to one week, provided they are washed and dried between uses. Your dietitian will discuss with you how many syringes you will need in a month.
- ✓ Using extension sets for 2 weeks, washing them between each use.
- ✓ Keeping 2 spare button gastrostomies, so that you always have enough spares, but not too many in case the size of tube changes.

How do I dispose of used equipment?

Please check which plastics can be recycled in your local area or household waste recycling centre. Many items carry the recycling symbol  and can easily be recycled with your household waste collections.

	Feed bottles	Made from High Density Polyethylene (HDPE); widely recycled. Please rinse before recycling.
	Giving sets	Made from acrylic, Low Density Polyethylene (LDPE) and Acrylonitrile Butadiene Styrene (ABS); may be recyclable if your area collects "mixed polymers" (type 7), otherwise dispose in household waste. Please rinse before recycling or disposal.
	Syringes	Not recyclable; dispose in household waste. Please rinse before disposal.
	Flexitainers	Made from High Density Polyethylene (HDPE); widely recycled. Please rinse before recycling.
	Extension sets	Not recyclable; dispose in household waste. Please rinse before disposal.
	Packaging materials (poly pillows and bags)	Made from Low Density Polyethylene (LDPE); may be recycled with carrier bags and other plastic packaging.

Thank you for your support. Please speak to your dietitian if you have any queries regarding this.

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