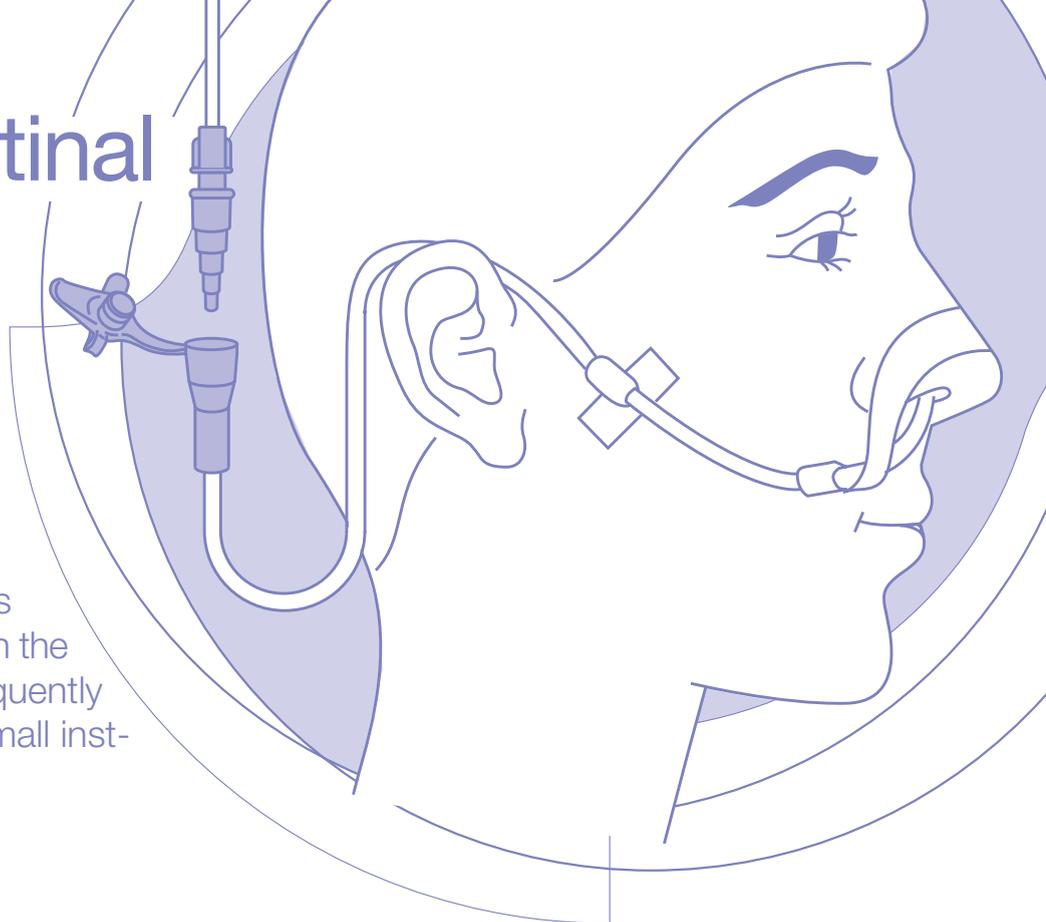


Naso-intestinal Tube



You are being fed through a naso-intestinal tube. This feeding tube is positioned in the small intestine and consequently feeding will start in your small intestine.

Daily Care

It is important to keep your tube in optimal condition to avoid unnecessary replacement of the tube. Regular care and flushing of the tube will help to prevent the tube becoming blocked.

- Wash your hands before every handling of the tube feed or your feeding system.
- **Confirm the position of the tube** before starting a feed by checking the position of the mark made on the tube after initial placement. Check at least three times a day or when you are in doubt about the position of your tube. Never start feeding before confirmation.
- **Flush** the tube before and after feed and medication administration, and at least 3 times a day with ca. 20-40 ml of water to prevent your tube from blocking.
- Use a **new feeding set** every 24 hours to avoid contamination of the feed or feeding set.
- **Care of the nose:** change hypoallergenic tape every day, clean the skin carefully.
- **Care of the mouth,** teeth and lips: especially important when you are not able to eat. Brush teeth once a day, rinse the mouth several times a day, and apply cream on the lips.
- Hanging time of tube feed is limited: follow the instructions on the label.
- The tube should be replaced every 6-8 weeks.

Position check

It is important to check the position of your tube to make sure that your feed goes directly where it should in your body. If not, intestinal inconveniences or potentially dangerous situations may occur.

Position check naso-intestinal tube

Confirming the position of a naso-intestinal tube can be done by checking the position of the mark made on the tube after initial placement. If this mark has not moved, it is likely that your tube is still positioned in the small intestine.

If you have any doubts about the position of your tube, please contact your nurse or physician.

Trouble shooting nasal tubes

My naso-intestinal tube has become blocked

If you experience resistance when flushing the tube, do not force water into the tube.

- First, using a syringe, draw off all liquid on top of the blockage, if possible.
- Second, gently flush the tube using lukewarm water, using a 50 ml syringe.

Do not use acidic solutions such as fruit juices or cola as they can curdle the tube feed.

- If a blockage still exists, gently squeeze the tube between your fingers along the length of the tube as far as possible.
- If you still cannot clear the blockage, very gently draw back on the syringe and then attempt to flush as before.
- If you are still unable to clear the blockage, contact your nurse or doctor.

My naso-intestinal tube has come out

It is important that you have a new naso-intestinal tube placed in time for your next feed or medication, particularly if you are having a carefully calculated fluid balance, or if your medication has to be given at set times. Otherwise you may go hungry, become dehydrated, or suffer from the symptoms that your medication normally prevents or controls.

A naso-jejunal tube should always be placed and its position confirmed by a health care practitioner. Do NOT attempt to place a new tube yourself. Follow the steps below.

- Remain calm.
- Contact your nurse and explain that your nasogastric tube has come out. Note the next feeding time to your nurse.
- If you do not have a nurse or the nurse is unavailable, you may need to attend the hospital emergency department. You should contact your doctor for further advice
- Telephone the hospital to let them know you are coming in and that you need to have a naso-intestinal tube placed. This will give the department time to find your medical notes and to make sure that a member of staff is available who is able to place your naso-intestinal tube.
- If you have a spare naso-intestinal tube at home take it with you, this will save time, as your type and size of tube may not be readily available in the emergency department. Take the tube that has fallen out with you so the staff can identify which type of tube it is.
- Once you have a new naso-intestinal tube, inform the person who routinely changes your naso-intestinal tube.
- Order a new naso-intestinal tube so that you have a spare ready in case your feeding tube comes out unexpectedly again.

