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Nasogastric Tube Feeding at Home



Patient information

Nasogastric tube feeding at home



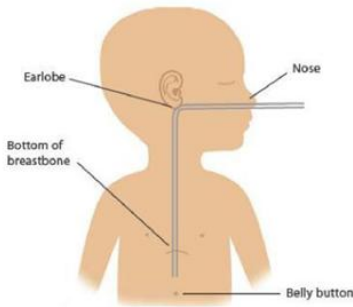
Excellent patient care, together

Supporting you at Home.

This booklet is for parents and carers who are learning to feed their child using a nasogastric tube. We understand this can feel overwhelming at first. With time, practice and support, most families become confident. Our staff are here to support you and answer any questions.

What is a Nasogastric Tube?

A nasogastric tube is a soft tube that passes through the nose into the stomach. It allows your child to receive feed, fluids and medicines when they cannot take enough by mouth.



This diagram shows the correct position of the feeding tube, which should pass from the nose into the stomach.

Giving a Feed at Home

Before every feed, it is important to check the tube is in the correct place. This is a key safety step. You will be shown how to check position using pH testing. If you are unsure, do not use the tube and seek advice.

Prepare your equipment before starting. Having everything ready helps the process feel calm and organised.

To give a feed, wash your hands, check the tube position and give the feed slowly as shown during training. Stay with your child and watch for any changes.

This diagram shows an example of how to give a child a feed through a nasogastric tube (NGT) using a syringe. It also shows the equipment needed and simple step-by-step instructions.

Syringe Feeding via Nasogastric Tube (NGT)

Equipment you will need

- 1 NGT (sits in the stomach)
- 2 Enteral syringe
Use the size syringe directed by your health professional.
- 3 Feed (prescribed milk or feed)

Using gravity (preferred) or a specialist feeding pump

- 4 Unscrew the cap of the NGT. Do not remove it. This allows you to attach the syringe.
- 5 Attach the syringe to the NGT. Push gently and twist to secure.
- 6 Hold the syringe above the level of your child's stomach to allow the feed to flow by gravity. Start the flow.
- 7 When the feed is complete, remove the syringe and replace the enteral cap securely.
- 8 Flush the tube. Flush the tube with the prescribed amount of water, using a clean syringe, to keep the tube clear.

Step by step

- 1 Your child has an NGT (nasogastric tube) that sits in their stomach.
- 2 Use the size syringe directed by your health professional.
- 3 Draw up the prescribed amount of feed into the syringe.
- 4 Unscrew the cap of the NGT (do not remove it).
- 5 Attach the syringe to the NGT (push and twist).
- 6 Hold the syringe above the level of your child's stomach to allow the feed to flow by gravity. Start the flow.
- 7 When the feed is complete, remove the syringe and replace the enteral cap securely.
- 8 Flush the tube with the prescribed amount of water to keep it clear.

Top tips

- Always sit your child upright during the feed and for 30 minutes afterwards (if possible).
- Go at a steady, gentle pace.
- If your child feels sick, stop and try again later.
- Contact your healthcare team if you are unsure about any part of the feed.

This guide is for general information only. Always follow the advice and instructions given to you by your healthcare team.

After the feed, flush the tube as advised and make your child comfortable. Clean or dispose of equipment as shown.

Only give medicines as prescribed. Flush before and after medicines to help prevent blockages.

If you cannot get a pH reading, do not use the tube. Try again or contact your team. If the tube looks like it has moved, do not use it until checked. If your child becomes unwell, stop the feed and seek advice

When to Get Help

Please contact your team if you cannot confirm tube position, the tube comes out, your child is unwell, or you feel worried at any time. You are not expected to manage this alone.

In hours contact details for the Children's Community Nursing Team:

Telephone: 01923 470680

Email: ccnteam@nhs.net

Out of hours: please attend the Children's Emergency Department for support.

Daily Care

Mouth care: It is important to keep your child's mouth clean if they are receiving some or all their nutrition through a feeding tube. This helps keep their mouth, teeth and gums healthy and reduces the risk of infection. If your child develops a sore mouth, bleeding gums, or any blisters, please contact your GP or dentist for advice.

Skin care: Keeping the skin around your child's feeding tube clean and dry helps reduce irritation and the risk of infection. You will be shown how to care for the tube site.

If the skin becomes sore, red or irritated, contact your community nurse or GP for advice. Avoid using creams around the tube site, as these can damage the tube and increase the risk of irritation or infection.

Before Going Home

We recommend watching a short video demonstration to support your learning. Your nurse will direct you to trusted NHS resources. This includes videos produced by Great Ormond Street Hospital. Please ask your nurse if you would like to watch the video together.

Before going home, please make sure you feel confident that:

- You can check tube position safely.
- You can give a feed.
- You know when not to use the tube.
- You know who to contact for help.

It is normal to feel anxious. Children may need extra comfort and reassurance, take your time and allow your child to recover.

Key Points to Remember

- Before every feed, check tube length and pH. The pH must be 5.5 or below. If unsure, do not feed.
- Do not use the tube if you cannot confirm position, if pH is above 5.5, or if the tube has moved.
- During the feed, stay with your child and give the feed slowly.
- After the feed, flush the tube and make your child comfortable.

How to Contact Us

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PALS

If you need this leaflet in another **language, large print, Braille or audio version**, please call **01923 217198** or email westherts.pals@nhs.net.



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We welcome feedback about your care, this feedback is shared with all staff so that we can improve patients' experience. Click this [link](#), scan the QR code with your smartphone or type in: bit.ly/4o3QVFJ.



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