

Freka® Nasogastric Tube

Aftercare Sheet

Name	
Tube Size	
Date of Placement	

> General Information:

- The tube in situ is a Freka® Nasogastric tube. It has been inserted into the stomach via the nostril.

> Initial Care:

- Ongoing confirmation of tube position should be carried out as per local/hospital policy, using pH indicator paper.
- Secure to face with appropriate dressing (as per local/hospital policy) this should be replaced as required. Take care not to disturb the tube positioning.
- Mark exit site and record measurement as this can be used to provide a visual check of the tube position.
- Water/feeding is usually commenced after tube placement is confirmed. Refer to individual feeding regimen.
- If patient complains of pain or there is localised swelling, stop feeding and report to your healthcare professional.
- Flush tube 4-6 hourly with water (as per local/hospital policy). This does not need to be done throughout the night.

> Daily Care:

- Flush with water (as per local/hospital policy) before, during and after enteral feed and medications.

- If patient has any feed related problem (e.g. pain, bloating, sickness), inform your healthcare professional (HCP).
- Flush tube 4-6 hourly with water (as per local/hospital policy). This does not have to be done throughout the night.
- Always check the tube position prior to commencing feeding, flushing and/or administering medications. pH <5 indicates the tube is in the stomach.
- If the pH is >5 seek advice from your HCP before putting feed, water or medication down the tube.
- If tube becomes blocked use warm/carbonated/soda water and refer to local/hospital policy if applicable.
- **Do not** flush using force. If tube remains blocked inform your healthcare professional.
- If tube becomes displaced do not use tube and inform your healthcare professional.

> If obtaining aspirate is difficult:

- Use a syringe to put 10-20ml of air down the tube to clear any debris from end.
- If the patient is able to drink, sips of water may help.
- If possible lie on your left side and try again.
- Have patience - leave for 1 hour and try again.

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