

# Freka® Nasogastric Tube

## Aftercare sheet for adults using the Freka nasogastric tube

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 the tube, with Freka® nasal fixation tape or a hypoallergenic tape, at the patient's nose or cheek. The tape should be checked daily and replaced if soiled or loose. The tape should be changed at least weekly but more frequently if it loosens or becomes soiled.<sup>1</sup>
- 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 before and after administration of feed and medication with a minimum of 20ml water or as per local policy.

### > 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.

- Flush before and after administration of feed and medication with a minimum of 20ml water or as per local policy.
- The pH reading must be 5.5 or below before feed, fluid or medication can be administered via the nasogastric tube.<sup>1</sup>
- Check the nasogastric tube is not causing damage or excoriation externally or internally to the nostrils.<sup>1</sup>
- If the pH is >5.5 seek advice from your healthcare professional before putting feed, water or medication down the tube.
- If the tube becomes blocked, a 60ml enteral syringe should be used to flush 15-30ml warm/carbonated water and a push/pull action and refer to local policy.<sup>1</sup>
- **Do not** flush using force. If tube remains blocked inform your healthcare professional.
- If the tube becomes displaced, even partially, do not use the tube and inform your healthcare professional.

### > If obtaining aspirate is difficult<sup>1</sup>:

- Check the position of the nasogastric tube at the nose.
- Try repositioning the patient.
- Insert 10-15mls of air through the tube.

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1. National Nurses Nutrition Group (NNG). Good Practice Guideline: Safe Insertion and Ongoing Care of Nasogastric (NG) Feeding Tubes in Adults. 2016. www.nnng.org.uk

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