

## How to insert your NG tube

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Your nurses will teach you how to insert your NG tube and help you practice. When you are ready, you can do this on your own using this handout as your guide.

### Clean before you start



To prevent spreading germs that could make you sick:

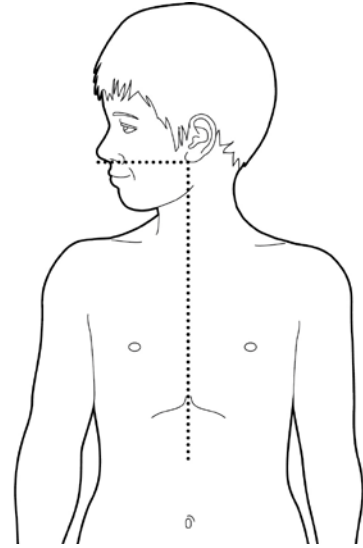
- Clean the area where you are working
- Use clean supplies
- Wash your hands

### Collect supplies (as required)

- |   |   |
|---|---|
| <input type="checkbox"/> NG tube: type _____            | <input type="checkbox"/> Permanent marker               |
| size _____  | <input type="checkbox"/> Syringe                        |
| <input type="checkbox"/> Water or water-based lubricant | <input type="checkbox"/> pH paper                       |
| <input type="checkbox"/> Skin barrier _____             | <input type="checkbox"/> Stethoscope                    |
| <input type="checkbox"/> Dressing, cut to desired size  | <input type="checkbox"/> Cup of water with straw        |
| <input type="checkbox"/> Waterproof tape                | <input type="checkbox"/> Towel                          |
| <input type="checkbox"/> Safety pin                     | <input type="checkbox"/> Tissue (Kleenex <sup>®</sup> ) |
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## Measure and mark the desired length of the tube

1. Wash your hands.
2. Hold the end of the tube (with the exit hole) on the tip of your nose.
3. Measure from the exit hole of the tube on your nose to your earlobe, then from your earlobe to your tummy (halfway between the bottom of your breastbone and your belly button).
4. Mark the desired length with waterproof tape. If the tube is numbered, remember the number at this mark. This mark will be used later to check the placement of the tube.



**Your health care provider may tell you the desired length for your NG tube.**

## Activate lubricant (for NG tubes with stylet)

1. Flush the tube with syringe of sterile water to activate the lubricant inside.
2. Without removing the stylet, check that it moves freely in the tube.

## Get ready

- Sit upright.
- Clean your nose or blow your nose if needed.
- Wash your hands.
- Wash and dry your face.
- Apply skin barrier (if using). Do not put on red or broken skin.
- Keep your head and neck straight.
- If possible, have another person available for support.

## Insert the NG Tube

1. Lubricate the tip of the NG tube with water or water-based lubricant.
2. Gently begin to insert the tube into one nostril, aiming toward the back of the throat. If able, alternate nostrils each time you insert the tube.
  - Swallowing or sipping water with a straw helps move the tube forward. Move the tube forward with each swallow.
  - If you feel any resistance, do not force the tube in. Pull back and try again.
  - If difficulty continues, try to insert the tube in the other nostril.
3. Pay attention as you insert the tube:
  - If you cough or gag as the tube passes down the back of your throat, stop and rest before continuing.
  - If you continue to cough or gag, check to see if the tube is coiling at the back of your mouth. If coiling occurs, pull back the tube and start again.
  - If you have trouble breathing, stop and remove the NG tube right away.
4. Stop when the waterproof tape (or number) is at the desired length at your nose. The end of the tube should be in your stomach.
5. Hold the NG tube in place.

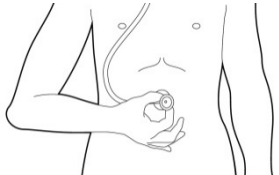
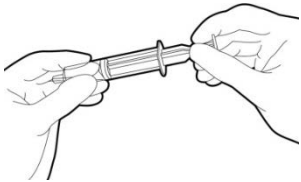
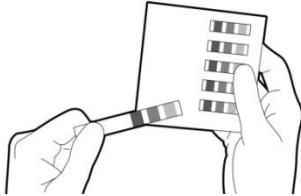
## Remove the stylet (for NG tubes with stylet)

1. Remove and coil the stylet.
2. Place the stylet in a re-sealable, plastic bag and keep in case it is needed.

If the tube is accidentally pulled out before it needs to be changed, you may use a new tube, or you may re-insert the stylet and then reinsert the tube using the previous directions.

## Confirm placement

1. Always confirm that the tube is in the correct place before using it.  
You must see these 4 signs to be sure that the tube is in the stomach:

<b>1</b>	<b>Mark</b>	The waterproof tape/number (desired length) is at your nose.	
<b>2</b>	<b>Pop</b>	Using the stethoscope, you hear a “pop” sound as the air comes out of the tube into your stomach.	
<b>3</b>	<b>Fluid</b>	When you pull back the plunger of the syringe, the stomach fluid will look clear, cloudy or yellow. It may also look like your feed.	
<b>4</b>	<b>pH</b>	When you test a drop of stomach fluid the pH is 5.5 or less.	

2. When placement is confirmed, remove waterproof tape and apply permanent marker at the desired length (at nose), then secure the tube.

## Secure the NG tube

1. Tape the NG tube to your cheek or the dressing (if used). The NG tube may also be taped above your upper lip or nose.
2. Secure the NG tube to your clothes by applying waterproof tape to the NG tube and using a safety pin to attach the tape to your clothes. Make sure the pin does not poke the NG tube.

## How to remove your NG tube

1. Wash your hands.
2. Sit upright.
3. Place towel on your lap.
4. Take tape off your cheek.
5. Use tissue to hold NG tube. Pull NG tube through tissue and drop it on your lap.
6. Blow your nose.
7. Wash your face and hands.