

Aintree Site

Lower Lane, L9 7AL Tel: 0151-525-5980

Royal Site

Prescot Street, L7 8XP

Broadgreen Site

Thomas Drive, L14 3LB

Royal & Broadgreen Tel: 0151-706-2000

Going Home With a Nasojejunal (NJ) Feeding Tube

A nasojejunal feeding tube is a narrow, flexible tube which is inserted via the nostril. The end of the tube is advanced down the digestive tract so that the tip lies in the small bowel (small intestine) which is just below the stomach. It is placed using an endoscope or using X-ray guidance. It is used to provide nutrition, hydration and medications when these are unable to be taken by mouth.

Initial Care

- A tape, dressing or nasal bridle should be used to keep the tube in position and secured against your face.
- You must make a note of the exit point at your nostril by using the centimetre marking on the tube which can then be used as a visual guide to ensure the tube is in place before each use.

Your centimetre marker is _____ cm at _____

- If you have any pain when feed or fluid is put down the tube, speak to the nurse or a doctor on the ward

Daily Care

- It is important to check that the tube is at the same centimetre marking each time you use it, before you commence feeding. (There is no need to check pH aspirates).
- Hygiene is very important as the tube goes into the small bowel – always wash your hands before handling the tube or administering feed/flushes.
- Keep the tube clean with warm water and very gentle wiping with a cloth or gauze. Make sure the tube is dry afterwards.
- It is important to flush the tube regularly as directed by the Dietitian to prevent it from becoming blocked (refer to separate information leaflet 'Going Home with a Feeding Tube - Information about Flushes'). At least 30ml of sterile water should be used before and after administering feed or medication. Flush the tube 4-6 hourly with water to prevent tube blockage. This does not need to be done through the night.
- Administer medications in a liquid or dispersible form via the tube and flush the tube with water in between each medication. Do not mix medications together.

- If the tube becomes blocked or dislodged do not use it. You should contact Aintree Nutrition Nurses (0151) 525 5980 and ask for bleep 5028, or your Dietitian (see details below).

Contact Information

If you have any problems you can contact:

Abbott Hospital to Home Helpline available 24 hours a day: 0800 018 3799 (for advice on tube, pump and delivery problems).

Nutricia Homeward Advice Line available 24 hours a day: available 24 hours a day: 0800 093 3672 (for advice on tube, pump and delivery problems).

Aintree Nutrition Nurses: (0151) 525 5980 and ask for bleep 5028

Aintree Hospital Dietitians: (0151) 529 3473.

For support and information about tube feeding:

PINNT - Patients on Intravenous and Nasogastric Nutrition Therapy. PINNT supports people on enteral and parenteral nutrition, providing advice and local support groups. PINNT contact information: www.pinnt.com



If you require a special edition of this leaflet

This leaflet is available in large print, Braille, on audio tape or disk and in other languages on request. Please contact:

Tel No: 0151 529 2906

Email: interpretationandtranslation@liverpoolft.nhs.uk