



# Nasogastric Tube Feeding

Parent/Caregiver/Whānau Guidelines – Neonatal Services

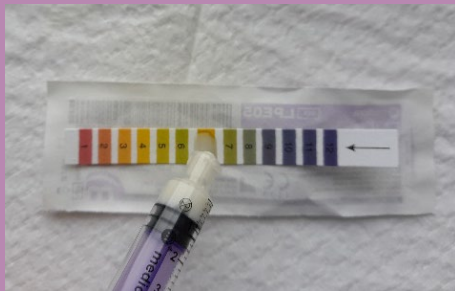
With teaching from staff, these guidelines will help you participate in your baby's feeds safely.



- Before you give a feed, or any medication, down the tube always:
  - Check the tube is still taped at the nose at the same number as before. If unsure, ask your nurse what the number is.
  - Make sure the tube is still taped securely in place.
- If not, call your nurse to assess the tube. Do not feed.



- The equipment you need for testing is in a pottle by the bedside.
- Use a purple 2.5 mL or 5 mL syringe, draw back a small amount of fluid from the tube, about 0.5 mL to 1 mL.
- If you are unable to obtain any fluid from the tube call a nurse for help.



- Place the pH strip on the empty syringe packet and spread the fluid in the middle of the pH testing strip.



- The colour of the strip is matched to the closest colour on the indicator. It must be 5 or less. If you are unsure of the result, please ask a nurse to help you.

**REMEMBER – 5 OR BELOW, GOOD TO GO**



- Measure the required amount of milk from your container in the fridge. You may need a syringe only, or a bottle as well, depending on how much milk your baby's feed is.
- Always check it is your name on the container of milk, and warm prior to feeding using the milk warmer or warm water.
- Draw syringe plunger to the end of the syringe without removing it.
- Have you checked tube placement?
  - Is it safe and secure?
  - If so, attach the syringe to the feeding tube.



- Do not use the plunger to push the feed in, but you need to give the plunger a small push after initially removing it to get the feed started.
- Allow the milk to flow by gravity down the tube at a steady rate – not too quickly. This will depend on how high or low you hold the syringe.
- Please give the feed your full attention and do not be distracted by phones or other devices.
- Throughout the feed, observe your baby for signs of distress, vomiting, coughing or change of colour.
- If this happens, stop the feed by lowering the syringe and call a nurse immediately.
- You can offer your baby a pacifier if they are awake and wanting to suck.



*Your baby loves  
being held by you  
skin-to-skin*

For more information about:

hospital and specialist services, go to [www.cdhb.health.nz](http://www.cdhb.health.nz) | your health and medication, go to [www.healthinfo.org.nz](http://www.healthinfo.org.nz)