



Nasogastric Tube (NGT) Feeds

Parent/Caregiver/Whānau Information – Neonatal Services

Your whānau/family has been identified by the NICU team as a potential candidate for parent/caregiver-given nasogastric tube (NGT) feeds. Your pēpi/baby is now more stable, and this is yet another way for you to be further involved in your pēpi care.

Research has shown that increasing parent/caregiver roles on the NICU including giving NGT feeds may result in benefits such as shorter stay in the NICU, improved weight gain and reduced stress and anxiety for parents/caregivers.

By spending time giving your pēpi their feed, you will get to know and understand them even better. Your pēpi may transition from NGT feeds to full oral feeds sooner, as you will be present and gain a clearer understanding of your pēpi cues. You may find your overall confidence and skills improve and, when the time comes, you are more ready for the transition from hospital to home.

The nurse looking after your pēpi will continue to have overall responsibility for your pēpi feeds. Pre-feed checks will be discussed together prior to each feed. The nurses will teach you how to check the NGT and how to give the feed. You will be required to complete a short teaching checklist to ensure safety for your pēpi, yourself and your nurse. You can give your pēpi feed as many times as you like with supervision/support from your pēpi nurse before being signed off as proficient. This checklist will be kept in your pēpi notes so other staff are aware that you have these skills. Each parent/caregiver will have their own checklist.

For the safety of your pēpi, they must either be in a cot or incubator, or if up, the pēpi must be held by someone other than the parent/caregiver doing the NGT feed. You will hand-hold the feed while it is given, not attach it to a feeding pole. Cell phones and other electronic devices cannot be used while you are supervising a feed.

Please ask your nurse if you have any questions.

