

Having a nasojejunal feeding tube

If you need this leaflet in a different language or accessible format
please speak to a member of staff who can arrange it for you.

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proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil,
vă rog să discutați cu un membru al personalului să se ocupe
de acest lucru pentru dumneavoastră

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إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

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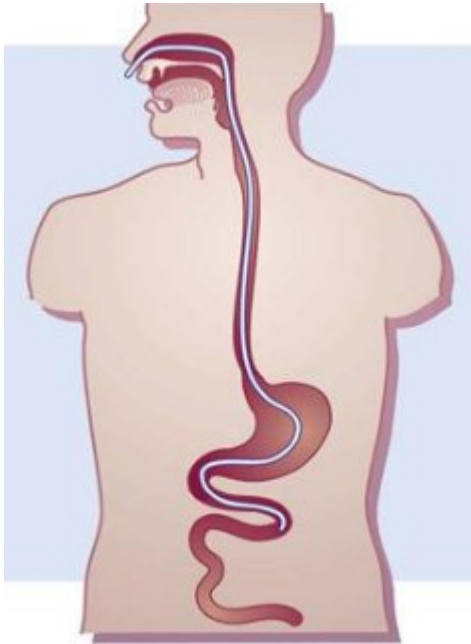
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What is a nasojejunal feeding tube?

A nasojejunal tube (NJ tube) is a small tube that carries food through the nose to the jejunum – part of the small intestine.

An NJ tube is soft and flexible so that it can pass through the nose and stomach easily.

The jejunum is small so it can only take a small amount of food at any one time, an NJ tube allows food and medications to be given at a slow and continuous rate through a pump.



<https://nursekey.com/nutritional-support/>

What should I do if my NJ tube becomes blocked?

- Gently massage the tube to free any blockages inside.
- Carbonated or warm water may help to free the blockage.
- If your tube blocks between Monday - Friday, 8:30am and 4:30pm, then please contact the nutrition specialist nurses on 0151 290 4389.
- Out of hours, if you are unable to take any diet or fluids by mouth then you should attend your local emergency department.
- If you are able to eat or drink and your tube has blocked over the weekend or overnight, please wait until the next working day and contact the nutritional specialist nurses. They will arrange to unblock or replace the tube.

How is the NJ tube removed?

When you no longer require the NJ tube, your team will arrange for it to be removed. The adhesive tape will be removed or the nasal bridle will be cut and the tube will be gently pulled out. If the tube needs to stay in for a longer period of time, you may have to come back into hospital and have your tube changed. Your team will advise you if this is needed.

What should I do if my NJ tube comes out?

If your tube has come out Monday—Friday between 8:30am and 4:30pm, then please contact the nutrition specialist nurses on 0151 290 4389.

Out of hours— if you are not able to take any diet or fluids by mouth, then you should attend your local emergency department (A&E).

If you are able to eat and drink and your tube has come out over the weekend or over night, please wait until the next working day to contact the nutrition specialist nurses on 0151 290 4389. They will arrange to see you and replace the tube.

What should I do if the measurement at my nose has moved?

Please do not use the tube and contact the nutrition specialist nurse for advice. You may need to come in and have the tube assessed and then it will be decided if replacement is needed.

Why do I need an NJ tube?

You may need an NJ tube if you cannot tolerate food in your stomach. You may have this problem if:

- You have severe reflux or vomiting
- Your stomach does not empty properly.

How is an NJ tube placed?

An NJ tube is placed in the hospital by a nutrition specialist nurse or a gastroenterologist, usually in the Endoscopy Department and occasionally in the Radiology Department. Before inserting the tube, a healthcare professional will explain the process and answer any questions that you may have.

If you have the tube placed in the Endoscopy Department, you can ask to be given a medication to help you relax whilst the tube is inserted. A camera will then be passed down your throat, into your stomach and then into your small intestine (jejunum). The tube will then be placed via the camera. The camera will be removed and the tube will be passed through your nostril and secured with adhesive tape. The tube will have length markers on it, so that you and the nursing staff can monitor the tube. This will help determine if the tube has become dislodged.

How long will I need the tube for?

This will depend on your individual condition and will be decided between you and the team caring for you.

How will I receive my feed?

The dietitian will decide on a suitable feeding regime, to ensure you get the nutrition that your body needs. The NJ tube will be attached to a bottle of feed, which will be attached to a pump. You will be given all the information and training you need once the tube has been fitted.

Can I put medications down the NJ tube?

Yes you can. Your nurse will go through your medications with you. All medications should be given by liquid or dispersible form. In some situations it may be required to crush medications but this should only be done after review by a pharmacist. Your nurse will talk you through administering your medications before you are discharged.

- First ensure you flush the tube with sterile water (cool boiled water at home) to prevent the tube from blocking.
- Then attach the syringe to the tube and push the medication into the tube.
- Flush the tube with sterile or cooled boiled water between each medication, if you need more than one medication.
- Once all medications have been given, flush the tube once again with sterile or cooled boiled water to ensure the tube is clear of any remaining medication.

How do I care for my NJ tube at home?

Sometimes patients care for the tube themselves and other times a family member or carer can look after it. NJ tubes are usually held in place by adhesive tape and occasionally a nasal bridle (a piece of string that goes around the inside of the nose and ties to the tube). Despite being secured by either tape or a nasal bridle, the tube can still move internally. Coughing, vomiting or pulling on the tube can move the tube from inside the jejunum making feeding unsafe.

To ensure that you feed safely at home you must follow the guidance below:

- Ensure the adhesive dressing is firmly attached daily.
- Check the measurement at the nostril daily, this is marked on the feeding tube and should be the same as when you left hospital. Some tubes are marked with permanent marker as the measurements on the tube can fade over time. If the NJ tube is not in the same location at the nostril, this may mean the tube has moved. Do not use the tube and contact the nutrition nurses on the number provided at the back of this leaflet.
- Every time the tube is used for feed, fluid or medication, or you have an episode of coughing or vomiting, it is essential that the position of the tube is checked by examining the marker at the nostril.
- Flush your NJ tube with sterile or cooled boiled water at least once a day.