

# Having a retention device inserted to keep your nasal feeding tube in place

Dietetics & Nutrition

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Information for Patients

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## Introduction

This leaflet will tell you about how we will secure your feeding tube in place. You will have a device sometimes known as a bridle or 'nasal retention device'.

If you have any questions or concerns please speak to your nurse, doctor or dietitian.

## What is a nasal retention device?

A nasal retention device is a thin piece of tape which loops around the back of your nose. We secure this to your nasal feeding tube (nasogastric (NG) tube or nasojejunal (NJ) tube). This helps to stop the tube from being moved out place by mistake. It also helps if you need your nasal feeding tube replacing often.

## How does it work?

You will already have a nasal feeding tube in place. Your nurse will check it is in the correct position and safe for feeding.

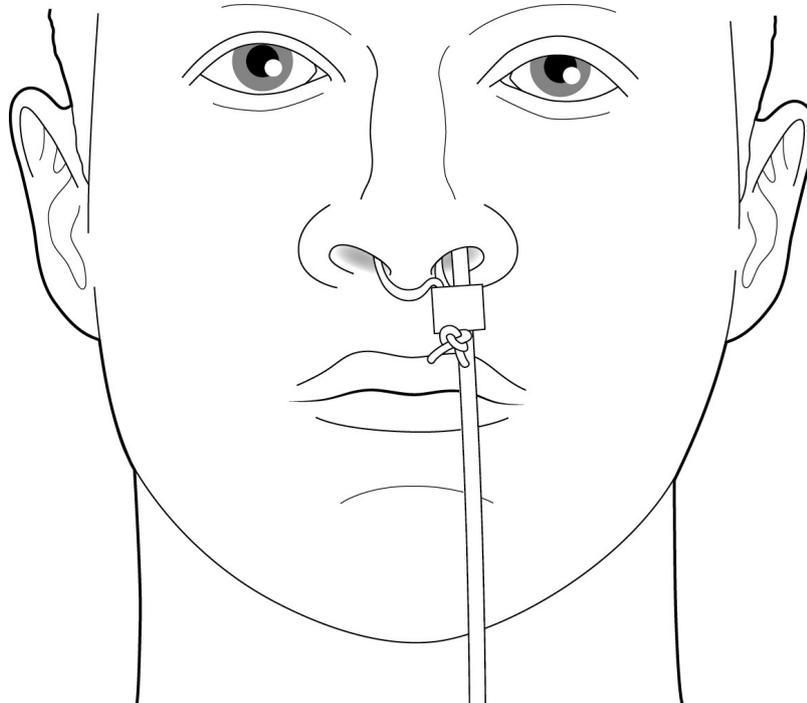
Your doctor or nutrition nurse will talk to you about the procedure first. They will explain the risks and benefits.

The nasal retention device pack contains 2 probes with magnets on the end. We place these in each nostril and clip them at the back of the nose. We wrap a thin piece of tape around the bone at the back of the nose. This is called the vomer bone. The 2 probes are gently removed and the tape and feeding tube are secured with a clip. This sits just above your top lip.

**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

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The picture below shows how the nasal retention device will look once in place:



## Will it hurt?

It can be a little uncomfortable. We will give you a local anaesthetic spray to numb the inside of your nose.

## What are the risks of having a nasal retention device placed?

With all clinical procedures there can be complications. These include:

- **Discomfort:** Most patients find having a nasal retention device placed feeling similar to having a nasal feeding tube placed.
- **Bleeding:** The doctor or nurse placing the device will make sure you do not have any blood clotting problems before you have your feeding tube and a nasal retention device placed.
- **Grazing at the back of your nose:** The gap at the back of your nose where the tape is placed may be tight. During placement of the nasal retention device the nasal lining may be grazed.
- **Swelling:** If the placement of the nasal retention device is difficult, the back of your nose may swell slightly. This should get better in a couple of days.
- **Infection in the nose (sinusitis or rhinitis):** Infection may be more likely with a nasal retention device. If this happens, we may need to remove the nasal feeding tube and nasal retention device.



## What happens if my tube gets pulled or caught?

If your nasal feeding tube is pulled or caught it will be uncomfortable. It may make your head nod forwards. You may get tears in your eyes.

You should not pull on your nasal feeding tube. Take care when moving around and changing your clothes.

## When are nasal retention devices not suitable?

A nasal retention device is not suitable if you have any new facial fractures, base of skull fractures or if you have blood clotting problems.

It is also not used for patients who might try to pull the feeding tube out on purpose, and do not understand the harm it will cause.

## Caring for your nasal retention device

Your nasal retention device should be gently cleaned and dried with warm water daily. You can clean it more often if needed. Your nurse will check the device regularly to make sure it is not causing you any irritation.

## Contact details

For more information please contact the nutrition specialist nurses on **0116 258 6988** or **0116 258 4713**.

## Other sources of information

The charity support group 'Patients on Intravenous and Nasogastric Nutrition Treatment (PINNT)' have a website where you can find more information. It is for anyone that is getting nutrition through a nasal tube. This is also for carers and healthcare professionals: [www.pinnt.com](http://www.pinnt.com)

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على هذه المعلومات بلغةٍ أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

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Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

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