

Going home with a nasogastric (NG) feeding tube (for children living in Leicestershire and Rutland)

Nutrition and Dietetic Service

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Information for Patients and Parents

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Introduction

This leaflet will give you information on what to expect when your child is being discharged from hospital with a nasogastric enteral feeding tube (NGT). Enteral tube feeding helps give nutrition through a tube into the stomach or intestine.

A NGT goes through the nose and into the stomach. It means your child can be fed directly into the stomach. We can also give fluids and medicines through this tube.

Dietitian follow up after you go home

If your child was not already being fed by an enteral feeding tube before coming into hospital then they will be referred to the Leicestershire Home Enteral Nutrition Service (also called HENS). They are part of Leicestershire Partnership NHS Trust (LPT). The HENS team look after children and adults at home who are being fed by an enteral tube.

Your hospital dietitian will give you a feeding plan before discharge. Once your child is discharged home, a member of the HENS team will arrange to see your child at home. This is often within 5 working days of discharge.

If your child is already known to HENS then your HENS Dietitian will arrange to review your child when they next planned to see them. They may want to review your child sooner if there have been any changes to your child's feeding plan.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.uhleicester.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact uhl-tr.informationforpatientsmailbox@nhs.net

What equipment might be needed? How often should I change / clean the equipment?

Below shows some of the equipment your child might need. It will tell you how often it needs to be changed or cleaned. Your child may not need all of the equipment below.



ENFit syringes

Syringes need to be **cleaned** with warm soapy water and rinsed between **each use**.

They will also need to be **sterilised** between **each use** if your child is:

- under 6 months old,
- or if they have problems.
- fed with a jejunal tube,



ENFit feeding tubes

Nasogastric (NG) tubes will need to be **changed regularly**. How long a tube can stay before needing change depends on the brand of tube that is used. NG tubes are for **one use only**. If the tube comes out before it is due to be changed, a new one will need to be put in.

In hospital you will notice that your child's NG tube is changed every 28 days. Once they are at home most NG tubes only need to be changed **every 90 days**. Once you are at home, you can speak to your child's HENS Dietitian about how often their NG tube will need replacing as manufacturer advice differs.



Flocare pump:

If your child needs a pump, Home Enteral Nutrition Service (HENS) team will supply this for home.

You will be trained on how to use the pump before your child leaves hospital. The pump will need to be checked (serviced) occasionally. The service date is on the side of the pump. Your HENS team will supply this for home. You will be trained on how to use the pump before your child leaves hospital. The pump will need servicing every 2 years. The service date is on the side of the pump.



Flocare Infinity pack giving set (if you are using a pump)

This giving set connects to the feed packs and OpTri bottles. These only need to be **changed every 24 hours** or every feed if using Carobel/ Gaviscon.

What to expect from Nutricia Homeward

Nutricia Homeward is a company that can deliver feed and enteral feeding equipment directly to your home.

With your consent, the HENS dietitian will register you for a delivery of items you need. Deliveries are made by Nutricia Homeward every 28 days. To be able to have your feed delivered by Nutricia Homeward, the dietitian will ask for a prescription from your child's GP. Nutricia Homeward will need this to dispense the items. Your HENS team will explain to you how much equipment and feed you will get in your Nutricia Homeward order.

What happens if my child's NG tube comes out?

All children with nasogastric tubes will be referred to the Diana Children's nursing service.

The Diana Team give nursing care for children who need special care in the community.

If your child is known to the Diana Team then they may be able to reinsert an NG tube if there is an appointment available within their working hours.

If there is no appointment available or your child's NG tube comes out outside of the Diana Team's working hours, then you will need to take your child to the Children's Emergency Department at Leicester Royal Infirmary.

Monitoring

Your child's HENS dietitian will monitor their feeding plan and talk to you about any changes that might be needed at home. You can contact them if you have any concerns about your child's feeding plan.

Contact details

- HENS telephone number: **0116 222 7161** (You may need to leave a message and someone will return your call).
- University Hospitals of Leicester Nutrition and Dietetic Service: **0116 258 5400**

Checklist for discharge

You should be given the following before discharge. This is to allow feeding while you wait for your delivery.

You should have:	Tick box
7 days (10 days if bank holiday) supply of feed (unless standard infant formula/expressed breast milk)	
7 days (10 days if bank holiday) supply of ENFit syringes (60ml if gravity feeding, 20ml to check pH)	
7 days (10 days if bank holiday) supply of Flocare Infinity Pack Sets for feeding through a pump (the above is dependent on how your child's feed is administered)	
7 days (10 days if bank holiday) supply of PH papers and stickers/tape to keep NG in place (note: different pH paper used in community in hospital)	
Spare nasogastric tube in correct size (if applicable)	
Feeding plan (and recipe if powdered feed) from the ward Dietitian	

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿੱਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

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

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email uhl-tr.equalitymailbox@nhs.net