

Going home with an enteral feeding tube (for children living in Lincolnshire)

Nutrition and Dietetic Service

Last reviewed: January 2026

Information for Patients and Parents

Next review: January 2029

Leaflet number: 802 Version: 3

Introduction

This leaflet will give you information on what to expect when your child is being discharged from hospital with an enteral feeding tube.

An enteral feeding tube gives nutrition directly into the stomach or small intestine. Your doctor or dietitian will have explained to you which tube your child has.

What should I look out for?

5 days after percutaneous endoscopic gastrostomy (PEG) insertion:

- **if there are leaks or fluid around the tube**
- **pain on feeding**

Stop feed right away and go to the Children's Emergency Department for urgent review.

**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 should I have when we leave hospital?

You should go home with 7 days supply (or 10 days supply if a bank holiday) of:

- ENFit syringes:
 - 60ml syringes if gravity feeding.
 - 20ml syringes if your child has a nasogastric tube (NG) to check pH.
- Feed (unless it is a standard infant formula/ expressed breast milk).

If your child has a gastrostomy button (Mic-KEY or Mini) you should also go home with:

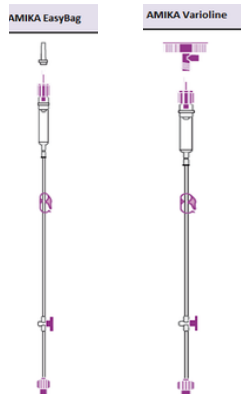
- 2 extension sets, 5ml syringes for balloon water changes, a spare button.
If your child has a PEG, you do not need extension sets or 5ml syringes.

If your child has an NG tube, you should also go home with:

- pH papers, 20ml syringes for checking pH, and a spare NG tube.

If your child needs an enteral feeding pump, your local dietitian team from Lincolnshire will supply this for home. You will need to be trained on how to use this specific pump (Amika pump) before your child leaves hospital. This is because the pump may be slightly different to the one you have been used to in Leicester.

How often should I change the equipment?



Amika ENFit Giving Sets:

Amika Pump Set EasyBag: these connect directly to your child's feed bag. These only need to be **changed every 24 hours (1 day)**.

Amika Pump Set Varioline: your child's feed bottle screws onto this set. This needs to be **changed every time you change the feed bottle**.



ENFit syringes:

You will need to **clean** the syringes between **each use**. They will need to be **sterilised** in between **each use**. You will need to do this if your child is aged 6 months or under, feeding with a jejunal tube or your child has problems with their immune system.



ENFit feeding tubes:

You will need to change the Nasogastric (NG) tubes and nasojejunal (NJ) regularly. How long the tube can stay in before being changed depends of the type of tube used.

NG/ NJ tubes are single use. If your child pulls it out before it needs to be changed, then they will need a new tube to be passed. In hospital we change your child's NG tube every 28 days. When they are at home most NG tubes only need to be changed every 90 days.

Percutaneous endoscopic gastrostomy (PEG) and jejunal extensions are not routinely changed.



Dietitian follow-up after discharge

If your child was not already being fed through an enteral feeding tube before coming into hospital then they will be referred to the Lincolnshire Home Enteral Nutrition Service (HENS). They are a part of United Hospitals of Lincolnshire NHS Trust. HENS dietitians look after children at home who are being fed through an enteral tube. When your child is discharged home, a member of the team will make an appointment. This can be over the phone or for a video call. This is often within 2 weeks of discharge.

If your child has been seen by HENS before then the hospital dietitian will tell them of your discharge date. Your HENS dietitian may want to review your child sooner if there have been any changes to your child's feeding plan. Call them on **0152 259 7765** if you have any questions.

How will supplies be delivered?

Fresenius Kabi (FK) Homecare is a company that deliver enteral feeding equipment and feed directly to you at home. The HENS team will register you for a delivery of all of the equipment and feed you need. Deliveries are made by the company every 28 days.

In your delivery you will often get a 28 days supply of:

- **60ml ENFit syringes** for feeds and water flushes. How many you get will depend of your child's feeding plan. These can be sterilised in between use.
- **ENFit syringes** for checking pH. This is for children with an NG tube. How many you get and the size you get depends on your child's feeding plan. These can be sterilised in between use.
- **ENFit Giving Sets** for children who are pump feeding. How many you get will depend on your child's feeding plan and type of feed.
- **Extension sets** for children with a button. This is often 2 extension sets per month.
- **Spare NG tube(s)** for children with an NG tube.
- **pH papers** for children with an NG tube will be delivered directly from the dietitians.
- **Stickers/ tape** to keep your child's NG/ NJ tube in place. These may come from the children's community nurse.
- **Feed/ formula** if needed.

You will not get syringes for your child's medication from FK Homecare. The Children's Community Nurse Team will give them to you.

If your child is fed through an NJ tube then they will not get these through Homecare. This is because they will get a new tube when it is placed in hospital.

If your child has a percutaneous endoscopic gastrostomy (PEG) they will not need an extension set or a spare tube.



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

All children with nasogastric tubes will be referred to the Lincolnshire Children's Community Nurses (CCNs).

The CCN Team give nursing care for children who need special care in the community. If your child is known to the CCN team then they will be able to repass an NG tube if it is within normal working hours. If your child's NG tube comes out outside of the CCN Team's working hours and you cannot wait until they start work again, or if their NJ comes out at any time, then you will need to take your child to the **Childrens Emergency Department** at either **Lincoln County Hospital** or **Pilgrim Hospital, Boston**. If your child has open access to the paediatric wards, call the ward first and they will advise you what to do.

Contact details

Lincolnshire HENs telephone number: **0152 2597 765**

Your ward dietitian is: / Tel: **0116 258 5400**

Checklist for discharge	Tick box
7 days (10 days if bank holiday) supply of feed	
7 days (10 days if bank holiday) supply of ENFit syringes	
If your child has a feeding pump: 7 days (10 days if bank holiday) supply of ENFit Giving Sets	
If your child has NG: 7 days (10 days if bank holiday) supply of pH papers and stickers/ tape	
If your child has a MIC-KEY button: spare MIC-KEY button	
If your child has a MIC-KEY button: 2 spare extension sets for MIC-KEY button	
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 ਵਿਚ 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