

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

Nutrition and Dietetic Service

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 an enteral feeding tube.

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

What should I look out for?

Within the first 5 days after percutaneous endoscopic gastrostomy (PEG) insertion:

- **if there are leaks or fluid around the tube**
- **pain during 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 might be needed? How often should I change / clean the equipment?



FreeGo® Pump 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 (1 day)**.



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,
- if they have any problems,
- fed with a jejunal tube,



ENFit Feeding Tubes

PEG and jejunal tubes are not regularly changed. These are replaced and supplied in hospital.

Nasogastric (NG) tubes and Nasojejunal (NJ) 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. 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. When 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 Home Enteral Feeding dietitian about how often their NG tube will need replacing as manufacturer advice differs.



Abbott FreeGo Pump

If your child needs a pump, your 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. This is because the pump will be different to the one you have used in Leicester.

The pump can be **cleaned** by wiping with a soft damp cloth and warm soapy water.

What to expect from Abbott Nutrition

Northamptonshire Healthcare NHS Foundation Trust have a contract with Abbott Nutrition.

If you need training on how to use the equipment before your child is discharged home, Abbott Nutrition Nurses will give you training on this. Abbott Nutrition will also arrange to deliver your child's feed and equipment to your home. This is often on a monthly basis.

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

All children with NG tubes will be referred to the Community Children's Nursing (CCN) service if parents are not trained to replace the tube.

The CCN team cares for children who need special care in the community. They may be able to put a new NG tube in during their working hours.

If your child's NG tube comes out outside of the CCN team's working hours, or if their NJ tube comes out at any time then you will need to take your child to your local Children's Emergency Department.

Dietitian follow up after you go home

If your child was not already being fed through an enteral feeding tube before coming into hospital then they will be referred to your local Home Enteral Nutrition Service (HENS).

HENS dietitians look after children at home who are fed by an enteral feeding tube.

Your local HENS dietitians are based at Kettering General Hospital and Northampton General Hospital.

Once your child is discharged home, a member of the HENS team will contact you to arrange to review your child, often in clinic or by telephone.

If your child is already known to HENS then your HENS dietitian may arrange to review your child as planned before or they may want to review your child sooner. For example if there have been changes to your child's feeding plan they may see you sooner.



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

Northamptonshire HENs telephone number: **01536 492318**

Email: Northamptonshire.PaediatricHEF@NHFT.nhs.uk

You should be given the following before discharge from hospital. This supply is to be used while you wait for your delivery.	Tick box
7 days (10 days if bank holiday) supply of feed (unless expressed breast milk or standard infant formula)	
7 days (10 days if bank holiday) supply of ENFit syringes (60ml if gravity feeding, 20ml if child has NG tube to check pH, 5ml if child has gastrostomy button for balloon water changes)	
7 days (10 days if bank holiday) supply of Giving Sets for feeding through pump)	
7 days (10 days if bank holiday) supply of PH papers and stickers/tape to keep NG in place (if child has NG) (note: different pH paper used in community in hospital)	
Spare feeding tube (if applicable)	
2x appropriate extension sets and spare button (if your child has MIC-KEY button only)	
Feeding plan (and recipe if not a standard recipe) from a UHL 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