

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

Nutrition and Dietetic Service

Information for Patients and Parents

Last reviewed: March 2023

Next review: March 2026

Leaflet number: 803 Version: 2

## 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.

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

**If there are leaks or fluid around the tube, or pain on feeding stop feed immediately and attend children's accident and emergency unit for urgent review.**



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

Visit [www.leicestershospitals.nhs.uk](http://www.leicestershospitals.nhs.uk) for maps and information about visiting Leicester's Hospitals  
To give feedback about this information sheet, contact [InformationForPatients@uhl-tr.nhs.uk](mailto:InformationForPatients@uhl-tr.nhs.uk)

## 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**.



### 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, fed with a jejunal tube or if they have problems



### 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. The brand of tube will dictate how long they can stay in before being changed. NG/NJ tubes are single use, so if a tube comes out before it is due to be changed, then a new tube will need to be passed. In hospital you will notice that your child's NG tube is changed every 28 days, however, 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 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 HENS team will supply this for home and you will be trained on how to operate the pump before your child leaves hospital.

You will need to be trained on how to operate this specific 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.

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 usually on a monthly basis.

You will not receive syringes for your child's medication from Abbott. These should be provided by the Community Pharmacist with your child's medicines.

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

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

The CCNs provide 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 a nasogastric (NG) tube if it is within their working hours. If your child's NG tube comes out outside of the CCN team's working hours, or if their naso-jejunal (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 via an enteral feeding tube before coming into hospital then they will be referred to your local Home Enteral Nutrition Service (also known as 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, usually in clinic or by telephone.

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

## 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: 01536 492317 (**Kettering**) / 01604 745036 (**Northampton**)

Your ward Dietitian is: ..... Telephone number: 0116 258 5400

You should be given the following before discharge. This is to allow feeding while you wait for your delivery.	Tick box
7 days (10 days if bank holiday) supply of feed (unless standard formula/expressed breast milk)	
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 via 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 powdered feed) 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

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