

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

Department of Nutrition & Dietetics

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Information for Patients

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## Introduction

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

If you have any questions or concerns that are not answered in this leaflet 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 and is secured to your nasal feeding tube (nasogastric (NG) tube or nasojejunal (NJ) tube). This helps to stop the tube from being accidentally dislodged. It also helps if you regularly need your nasal feeding tube replacing.

## 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.

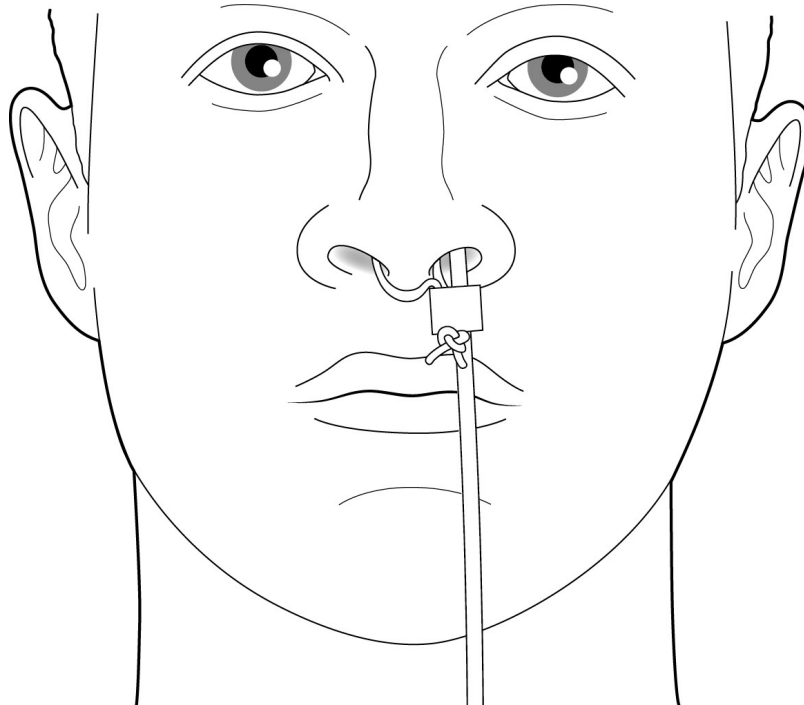
Your doctor or nutrition nurse will talk to you about the procedure first, and explain the risks and benefits before going ahead.

The nasal retention device pack contains 2 probes with magnets on the end. These are placed in each nostril and clipped at the back of the nose. A thin piece of tape is then drawn 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 which 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 secured in place:



## Will it hurt?

The procedure can be a little uncomfortable. You can have a local anaesthetic spray to numb the inside of your nose.

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

As with all clinical procedures there can be complications. These include:

- **Discomfort** - most patients find having a nasal retention device placed 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 and 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 ease 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, the nasal feeding tube and nasal retention device may need to be removed.

## 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 and you may get tears in your eyes.

You should not pull on your nasal feeding tube and 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 people 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 or 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 further information. It is intended for anyone receiving nutrition via a nasal tube as well as carers and healthcare professionals - [www.pinnt.com](http://www.pinnt.com)

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