

Going home with a nasojejunal (NJ) feeding tube (for children living in Leicestershire and Rutland)

Nutrition and Dietetic Service

Produced: May 2023

Review: May 2026

Information for Patients and Parents

Leaflet number: 1393 Version: 1

Introduction

This leaflet will give you information on what to expect when your child is being discharged from hospital with a nasojejunal (NJ) feeding tube.

An NJ tube goes through the nose and gives nutrition directly into the small intestine. Feed is delivered slowly to stop tummy (abdominal) pain and diarrhoea. Fluids and medications can also be given this way.

Dietitian follow up after you go home

If your child was not already being fed by a feeding tube before coming into hospital then they will be referred to the Leicestershire Home Enteral Nutrition Service (also known as 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, usually 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.

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.

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

Visit 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

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

Below shows some of the equipment your child might need and 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.



ENFit feeding tubes

Nasojejunal (NJ) tubes will need to be changed regularly. How long the tube will stay in before it is changed is set by the brand used. 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 inserted. NJ tubes need to be changed in hospital. This will be discussed/arranged by the hospital consultant and discharge team.



Flocare pump

If your child needs a pump, your HENS team will supply this for home. You will be trained on how to operate 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 who can deliver feed and enteral feeding equipment directly to you at home; they can also deliver your child's feed if you choose.

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 child's feed delivered by Nutricia Homeward, the dietitian will request 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 receive in your Nutricia Homeward order.

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

If your child's NJ tube comes out at any time then you will need to take your child to the Children's Emergency Department at Leicester Royal Infirmary.

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 / 5095

Checklist for discharge	
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 infant formula/expressed breast milk)	
7 days (10 days if bank holiday) supply of ENFit syringes	
7 days (10 days if bank holiday) supply of Flocare Infinity Pack sets for feeding by pump	
Feeding plan (and recipe if powdered feed) from the ward dietitian	
7 days (10 days if bank holiday) supply of dressings to keep NJ in place	

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 equality@uhl-tr.nhs.uk