Home Care for Your Nasogastric Tube

Purpose:
A Nasogastric (NG) tube is a small tube through your nose which goes to the stomach. The tube can be used to:
1. Remove fluids and gas from your stomach
2. Prevent nausea and vomiting
3. Prevent pressure on stitches inside after your surgery
4. Give liquids, medicines or blenderized foods

Name (type) of Nasogastric Tube ________________________________
Size of Tube ______________________

Care of your nasogastric (NG) tube:

• Supplies:
  ▶ Soap and water, washcloth
  ▶ Benzoin swab stick
  ▶ Tape - 1 inch wide
  ▶ Mirror

Steps to follow:
1. Wash your hands with soap and water. Rinse and towel dry.

2. Check your nostril where the tube is in every day for redness, sores or irritation. You may put Vaseline or lotion on the nostril. If sores are present, retape the tube away from the area. Clean your nostril every day with soap and water and dry the area well.

3. Check to be sure the tape is secure to your nose and tube. Change the tape as needed.
4. To change the tape:
   a. Cut two (2) pieces of one (1) inch wide tape. One piece should be about 3-inches long, the other 1 inch long. Split the 3-inch in half lengthwise, about 1½ inches.
   b. Open the Benzoin swab stick.
   c. Carefully remove the old tape. Hold the tube in place with one hand.
   d. Clean the skin under the tape with soap and water and dry carefully. Be careful not to let the tube slip out while you are working with it.
   e. Apply Benzoin to the skin where you will be placing the tape. Let it dry. It will feel sticky, but it helps keep the tape on the nose.
   f. Put the part of the tape not cut over the lower half of your nose. Wrap the 2 tail sections of the tape around the tube.
   g. Put a second piece of 1½ inch tape over the top of the nose.

10. Changing the tape sometimes causes the tube to move in or out a little bit. To know if your tube has moved and how much, put a permanent mark on the tube where it comes out from your nose. After you change the tape, measure the amount of tubing coming from your body. If the tube has moved more than two (2) inches, call your nurse or doctor.

**Hollister Method:**

- **Supplies:**
  - Hollister Device
  - Soap and water
  - Mirror

**Steps to follow:**

1. Wash your nose and cheeks with soap and water. Rinse well and dry thoroughly. Do not use any lotions as they will interfere with the device sticking to your skin.

2. Open the jaws of the device.
3. Peel the paper from the back of the adhesive.

4. Put the device over the nose with jaws down at the tip of the nose. Press firmly to have the device stick.

5. Put the tube into the jaws and snap the device closed.

6. Do not use the jaws as a clamp. It the tube needs to be clamped during a procedure, a regular clamp is needed.

If you would like more written information, please call the Library for Health Information at (614)293-3707. You can also make the request by e-mail: health-info@osu.edu.