

WHAT IS AN NG TUBE?

NG BASICS

A nasal gastric (NG) tube is a thin, flexible tube that goes from your nose, down your throat, to your stomach. An NG tube can send your stomach medication or nutrition without you having to eat, drink, or swallow.

STEP ONE

While you are sitting up, your nurse will measure the tube on the outside of your body. The tube is very long and only a portion of it will go inside of your body. Your nurse will place the tube next to your nose, along your cheek, around your ear, and to your belly.



STEP TWO

Your nurse will wipe your cheek with a small sponge and place a small dressing on your skin that will help keep your tube in place. The sponge will be cold, wet, and might smell unpleasant.



STEP THREE

Your nurse will put smooth gel on the tip of the tube. The tip will be placed inside your nose and guided gently down your throat. This might feel uncomfortable and you might want to pull away. That's natural. Try your best to hold still.



STEP FOUR

If your nurse says that it is okay, it might help to take sips of water while the tube is being guided to your stomach. This will encourage your body to swallow the tube. Once the tube is where it needs to be, your nurse will stop moving it.



STEP FIVE

Your nurse will place a stethoscope on your belly. She will push a small amount of air from a syringe into the end of the NG tube. They will listen to make sure that they can hear the puff of air in your stomach. This tells them that the tube is in your stomach where it is supposed to be.



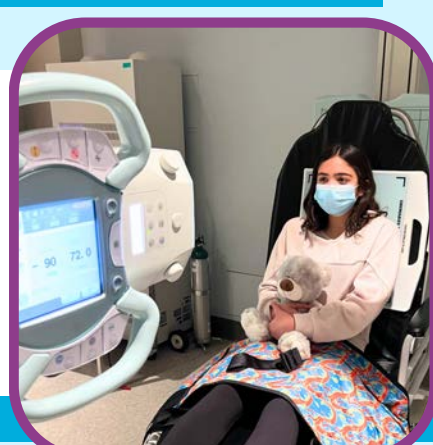
STEP SIX

Your nurse will tape the tube to your cheek. So that the tube does not move, there might be more than one dressing put on your skin.



STEP SEVEN

You will have an X-ray taken of your stomach to make sure the tube is in the correct spot. ([Learn more here.](#))



COPING

While getting an NG can be stressful, there are many ways to make the process easier.

Relax your body.

While it may seem difficult, keeping your body relaxed will help you get through the procedure.

- Take deep breaths, counting to 5 as you inhale and then counting to 5 as you exhale
- Listen to music or watch a video
- Imagine how your body feels when you are relaxed
 - Where are you?
 - What are you doing?
 - Who are you with?

Talk to your caregiver(s), doctors, and nurses.

Tell them what would make you the most comfortable and ask questions if you don't understand something