

# WHAT IS AN NG TUBE?

## NG BASICS

A nasal gastric (NG) tube is a thin, flexible tube that goes from your nose to your stomach. An NG tube can give your body medication, nutrition, or both.

## STEP ONE

While you are sitting up, your nurse will measure the tube on the outside of your body. They 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 sponge and place a small bandaid on your skin that will help keep your tube in place. The sponge will be cold, wet, and might be stinky.



## STEP THREE

Your nurse will place the tube inside your nose and guide it 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. 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 and listen to make sure that the tube is in your stomach.



## STEP SIX

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



## STEP SEVEN

You will have an X-ray taken of your stomach to make sure the tube is in just the right spot. An X-ray uses a big camera to take your picture. Learn more about X-rays [here](#).



## HELPFUL HINTS

While you are getting your NG tube, you can sit with a grown up, hold someone's hand, and listen to music. Your job is to stay as still as you can and take sips of water (if you're allowed).

