

Inserting a Nasogastric Tube

Student Name _____

Date _____

Inserting a Nasogastric Tube

		S	U	Comments
1.	Refer to standard steps 1 to 9.	<input type="checkbox"/>	<input type="checkbox"/>	_____
2.	Assemble equipment:			
	Bath towel	<input type="checkbox"/>	<input type="checkbox"/>	_____
	14- or 16-Fr nasogastric (NG) tube (smaller bore for child) or feeding type of tube	<input type="checkbox"/>	<input type="checkbox"/>	_____
	Water-soluble lubricating jelly	<input type="checkbox"/>	<input type="checkbox"/>	_____
	Stethoscope	<input type="checkbox"/>	<input type="checkbox"/>	_____
	Tongue blade	<input type="checkbox"/>	<input type="checkbox"/>	_____
	Flashlight	<input type="checkbox"/>	<input type="checkbox"/>	_____
	Syringe	<input type="checkbox"/>	<input type="checkbox"/>	_____
	Tape, nose guard, or both	<input type="checkbox"/>	<input type="checkbox"/>	_____
	Safety pin and rubber band	<input type="checkbox"/>	<input type="checkbox"/>	_____
	Clamp	<input type="checkbox"/>	<input type="checkbox"/>	_____
	Suction container	<input type="checkbox"/>	<input type="checkbox"/>	_____
	Suction machine	<input type="checkbox"/>	<input type="checkbox"/>	_____
	Glass of water with straw	<input type="checkbox"/>	<input type="checkbox"/>	_____
	Facial tissues	<input type="checkbox"/>	<input type="checkbox"/>	_____
	Normal saline	<input type="checkbox"/>	<input type="checkbox"/>	_____
	Tincture of benzoin (optional)	<input type="checkbox"/>	<input type="checkbox"/>	_____
	Clean gloves	<input type="checkbox"/>	<input type="checkbox"/>	_____
	Felt tip marker	<input type="checkbox"/>	<input type="checkbox"/>	_____

Inserting a Nasogastric Tube

3.	Evaluate condition of patient's oral cavity. Palpate patient's abdomen.	<input type="checkbox"/>	<input type="checkbox"/>	_____
4.	Position patient in high Fowler's position with pillow behind head and shoulders.	<input type="checkbox"/>	<input type="checkbox"/>	_____
5.	Stand at right side of bed if you are right-handed and left side if you are left-handed.	<input type="checkbox"/>	<input type="checkbox"/>	_____
6.	Place bath towel over patient's chest; give tissues to patient.	<input type="checkbox"/>	<input type="checkbox"/>	_____
7.	Instruct patient to relax and breathe normally while one nostril is occluded. Repeat this action for other nostril. Select nostril with greater airflow. Some institutions suggest nasogastric tubes be cooled in ice or saline, which stiffens them to facilitate passage. Know facility policy.	<input type="checkbox"/>	<input type="checkbox"/>	_____
8.	Measure distance to insert tube. Measure total distance from tip of nose to earlobe and from there to xiphoid process of sternum. Tube should extend from nostril to stomach; distance varies with each patient.	<input type="checkbox"/>	<input type="checkbox"/>	_____
9.	Mark off length of tube to be inserted with piece of tape or felt tip marker, or note distance from next tube marking.	<input type="checkbox"/>	<input type="checkbox"/>	_____
10.	Curve 14 to 16 inches (10 to 15 cm) of tube tightly around fingers; release.	<input type="checkbox"/>	<input type="checkbox"/>	_____
11.	Lubricate 3 to 4 inches (7.5 to 10 cm) of end of tube with water-soluble lubricating jelly.	<input type="checkbox"/>	<input type="checkbox"/>	_____
12.	Instruct patient to extend head against pillow; insert tube slowly through nostril with curved end pointing downward.	<input type="checkbox"/>	<input type="checkbox"/>	_____
13.	Continue to pass tube along floor of nasal passage, aiming down toward ear. When resistance is felt, apply gentle downward pressure to advance tube.	<input type="checkbox"/>	<input type="checkbox"/>	_____
14.	If resistance continues, withdraw tube, allow patient to rest, relubricate tube, and insert into other nostril.	<input type="checkbox"/>	<input type="checkbox"/>	_____
15.	Continue insertion of tube until just past nasopharynx by gently rotating tube toward opposite nostril.	<input type="checkbox"/>	<input type="checkbox"/>	_____
	a. Stop tube advancement, allow patient to relax, and provide tissues.	<input type="checkbox"/>	<input type="checkbox"/>	_____
	b. Explain that the next step requires swallowing.	<input type="checkbox"/>	<input type="checkbox"/>	_____

Inserting a Nasogastric Tube

16.	With tube just above oropharynx, instruct patient to flex head forward and dry swallow or suck in air through straw. Advance tube 1 to 2 inches (2.5 to 5 cm) with each swallow. While advancing the tube in an unconscious patient (or in a patient who cannot swallow), stroke the patient's neck. If patient has trouble swallowing and is allowed fluids, offer glass of water. Advance tube with each swallow of water.	<input type="checkbox"/>	<input type="checkbox"/>	
17.	If patient begins to cough, gag, or choke, stop tube advancement. Instruct patient to breathe easily and take sips of water.	<input type="checkbox"/>	<input type="checkbox"/>	
18.	If patient continues to cough, pull tube back slightly.	<input type="checkbox"/>	<input type="checkbox"/>	
19.	If patient continues to gag after tube is pulled back, check back of pharynx with flashlight and tongue blade.	<input type="checkbox"/>	<input type="checkbox"/>	
20.	After patient relaxes, continue advancing tube to desired distance.	<input type="checkbox"/>	<input type="checkbox"/>	
21.	Ask patient to talk.	<input type="checkbox"/>	<input type="checkbox"/>	
22.	Observe posterior pharynx for coiling of tube.	<input type="checkbox"/>	<input type="checkbox"/>	
23.	Attach syringe to end of tube. Aspirate gently back on syringe to obtain gastric contents.	<input type="checkbox"/>	<input type="checkbox"/>	
24.	Measure pH of aspirate with color-coded pH paper. Gastric aspirates have acidic pH values of 4 or less. While returning gastric aspirates to stomach, place stethoscope over stomach area on abdomen and listen for swishing or gurgling sounds.	<input type="checkbox"/>	<input type="checkbox"/>	
25.	If tube is not in the stomach, advance another 1 to 2 inches (2.5 to 5 cm) and repeat steps 23 and 24.	<input type="checkbox"/>	<input type="checkbox"/>	
26.	After tube is properly inserted, clamp end or connect it to suction.	<input type="checkbox"/>	<input type="checkbox"/>	
27.	Secure tube to nose with tape or nose guard. Avoid putting pressure on nares. Clean the skin over the nose with alcohol to remove any skin oils or soil and coat with skin protectant solution before applying the tape or nose guard.	<input type="checkbox"/>	<input type="checkbox"/>	
28.	Fasten end of tube to gown by looping rubber band around tube in slip knot. Pin rubber band to gown. Provide slack in tubing to allow for movement.	<input type="checkbox"/>	<input type="checkbox"/>	

Inserting a Nasogastric Tube

29.	Unless health care provider orders otherwise, elevate head of bed 30 degrees.	<input type="checkbox"/>	<input type="checkbox"/>	_____
30.	Refer to standard steps 10 to 17.	<input type="checkbox"/>	<input type="checkbox"/>	_____
31.	Document the following.			
	Date, time, and type of tube inserted	<input type="checkbox"/>	<input type="checkbox"/>	_____
	Patient's tolerance of procedure	<input type="checkbox"/>	<input type="checkbox"/>	_____
	Confirmation of placement	<input type="checkbox"/>	<input type="checkbox"/>	_____
	Character and amount of gastric contents	<input type="checkbox"/>	<input type="checkbox"/>	_____
	Whether tube is clamped or connected to suction	<input type="checkbox"/>	<input type="checkbox"/>	_____
	Patient teaching	<input type="checkbox"/>	<input type="checkbox"/>	_____
32.	Report abnormalities:	<input type="checkbox"/>	<input type="checkbox"/>	_____
	Inability to advance tube			_____