



## **Nasogastric Tube Gravity Feeds**

A Nasogastric Tube [NGT] is a thin feeding tube inserted through the nose and down the food pipe (oesophagus), into the stomach. Your baby may need a NGT for the delivery of milk or medications.

Your baby will have a feeding plan developed by their care team.

### **Giving a gravity feed through the NGT**

- Wash your hands before and after handling milk, and the NGT.
- Gather and prepare equipment - milk, 10 ml or 20 ml oral (purple) syringe, pH testing equipment
- **ALWAYS** check the NGT position before commencing feeding via the NGT.
- Take the plunger out of the feeding syringe.
- Twist open purple NGT cap, and attach the feeding syringe using a clockwise twisting motion until finger tight.
- Ensure heated milk is not too hot before putting it into the feeding syringe.
- Hold the feeding syringe, and pour in the milk to be fed to your baby (either pre-measured into a syringe or bottle, or measured as you pour into the syringe).
- Hold, tape, or tie the feeding syringe at a height which allows the milk to flow gradually. Lower the syringe to slow down the milk flow.

If the feed does not flow by itself, you may need to use the plunger to push a little bit of milk down to start the flow, then remove the plunger.

- Once the milk has gone down, continue to pour in milk until the feed is finished. The feed should take 15-30 mins to finish (depending on how much milk your baby needs).
- To clear the last of the milk from the tube, hold it up higher and watch until the milk line goes down past the nostril.
- Disconnect the feeding syringe by twisting counter-clockwise, and twist close the NGT cap.

**If your baby begins coughing, gagging, or vomiting while their milk is going down, or if their belly becomes large and hard, stop the feed and talk with your team.**

