

# feeding tube safety toolkit

The Super Safe Kids Feeding Tube Safety Toolkit helps kids and families work together with the healthcare team for safe care of a feeding tube.

**The tools are designed to improve health outcomes by helping families:**

- Understand common questions and practices for feeding tubes
- Prepare to avoid and manage common feeding tube emergencies

*This toolkit is not intended as a substitute for the medical advice of physicians. The reader should regularly consult a physician in matters relating to his/her health, and particularly with respect to any symptoms that may require diagnosis or medical attention.*

Illustrations by Jason Smithery

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**More at  
[SuperSafeKidsBooks.com](https://www.SuperSafeKidsBooks.com)**

- **Buy the book** *Feeding Tube Safety for Kids*

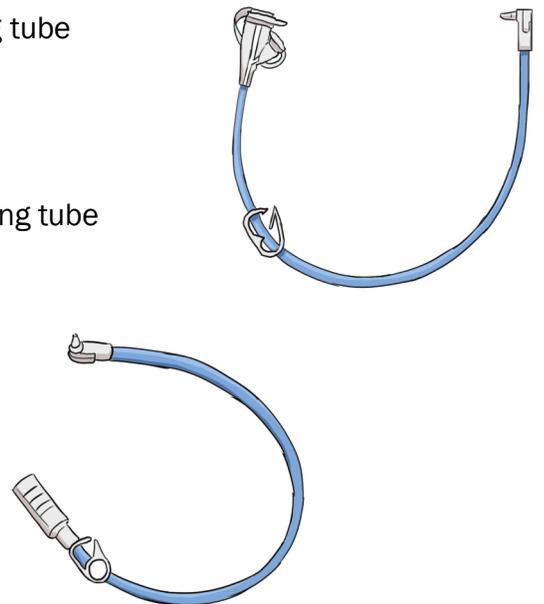


# PACKING YOUR Feeding Tube Go-Bag

Having a stocked emergency kit is an absolute must with a feeding tube. Here's what to include in yours.

*Laminate this list and keep it in the go-bag. You can mark items as you use them so you remember to replace them in the bag.*

- Hand sanitizer and alcohol wipes
- A back-up feeding tube in the prescribed size or a Foley catheter (as an alternative G-tube back-up)
- Syringe (to check placement by pushing air into the feeding tube)
- Extension (for G-tubes and GJ tubes)
- Water-based lubricant
- Gauze or split gauze
- Any tape or wraps used to secure the feeding tube
- Sterile water to flush the feeding tube
- Stethoscope to check placement of the feeding tube
- Medical gloves, if needed and/or available
- Extra formula/food and water



## GUIDE TO

# Daily Feeding Tube Care

It's important to check the feeding tube and the skin around it every day. Here's how to do it.

- 1** Wash hands well. Some people also put on medical gloves.
- 2** Gather all the materials recommended by the medical team and set them nearby on a clean surface like a tray or a clean towel.
- 3** Check all points where the feeding tube touches the skin. Make sure the skin is not red, swollen or oozing.
- 4** Clean the skin with soap and water, saline and water, peroxide and water, or the combination recommended by your child's healthcare team. You can use cotton swabs, gauze, or a washcloth to clean the skin.
- 5** Make sure the skin smells clean, and secure the feeding tube. Wash your hands again when you finish.

## DIFFERENT TYPES OF Feeding Tubes

A **nasogastric tube** is a plastic feeding tube that goes into the nose, through the esophagus and into the stomach. An orogastric tube is similar, but it goes into the mouth and down to the stomach.

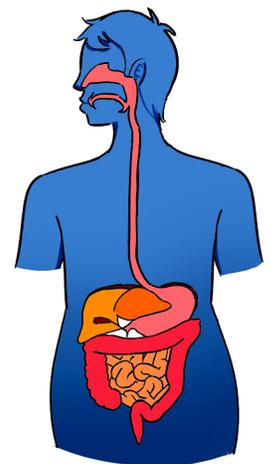
**Nasoduodenal** (ND tubes) and **nasojejunal** (NJ tubes) go into the nose and down past the stomach to the small intestine. These cannot be changed at home and need to be cared for by medical professionals.

A **gastrostomy tube** goes through the skin on the belly and into the stomach. There are a few different types of gastrostomy feeding tubes.

A **PEG tube** is a gastrostomy tube that goes into the stomach, with an end that hangs out and can connect to a syringe or feeding pump. These cannot be changed at home and need to be cared for by medical professionals.

A **g-button** is another type of feeding tube that looks like a small button with a valve to connect to an extension.

A **GJ tube** is similar to a g-button, but a second part of the tube goes into the small intestine. These cannot be changed at home and need to be cared for by medical professionals.



The names for the different types of feeding tubes come from Latin and Greek words. Look them up and see what the prefixes oro-, naso-, and gastro- mean.

## BEING SAFE AROUND FRIENDS with a Feeding Tube

When a friend or family member has a feeding tube, they need you to be careful and pay attention so they can stay safe.

1

**No pulling or tugging.** A feeding tube has to stay in place. Never pull on the feeding tube or anything that is attached to it, like an extension or feeding pump.

2

**No bumping or crashing.** Bumping into a feeding tube can hurt really badly. You can play safely by making sure not to bump into it.

3

**Leave some space.** Make sure to keep a safe amount of space so you don't accidentally bump into the feeding tube, and try not to step over parts of a feeding pump.

4

**Have fun!** Don't be afraid to have fun with friends and family members who have feeding tubes.