

Patient Resource Sheet

NGT Insertion

Nasogastric Tube insertion



What is it?

A nasogastric tube (NGT) is a thin soft tube that is passed through the nostril, down the back of the throat, through food pipe and into the stomach.

What happens during the procedure?

Reasons for NGT

1



Cannot swallow or suck

2

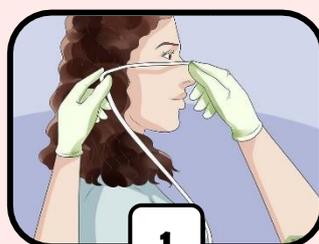


Not enough nutrition

3



To take out liquid from stomach



1

The doctor will measure the length needed for the tube.



2

Some jelly will be used to coat the tube to help it move easily through your nose.



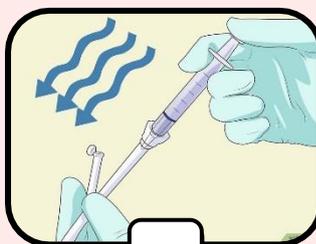
3

The tube is gently inserted into one of the nostrils, and it will slowly move your throat and into the stomach.



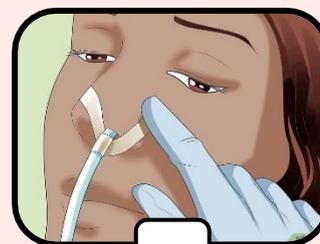
4

Take small sips of water and swallow to help the tube move in. If you cannot drink, try swallowing your saliva.



5

The doctor will use a syringe to inject some air into the tube to check if the tube is at the right spot.



6

A piece of tape is then wrapped gently placed onto your nose so that the tube does not move.



Watch this!

[Nasogastric tube insertion](#)

What should I do during insertion?

1. **Stay relaxed:** It helps the tube to move in more easily.
2. **Keep swallowing:** It helps the tube move down more easily.
3. **Do deep breathing:** Try to keep calm.

If you want to learn more, ask your doctor/nurse to give the Child Life Therapist a call when you are staying in the hospital!

Resources:

<http://kidshealth.org/parent/system/medical/mri.html#>
[https://m.wikihow.com/Insert-a-Nasogastric-\(NG\)-Tube?amp=1](https://m.wikihow.com/Insert-a-Nasogastric-(NG)-Tube?amp=1)