

# Taichung Armed Forces General Hospital Leaflet of Inpatient Nursing Instructions

## 鼻胃管管路照護

Sir/Lady:

Nasogastric tube care

### I. Purpose:

To ensure patients with a nasogastric (NG) tube receive proper and effective tube care to improve their quality of life.

### II. Steps:

- (1) Perform oral cavity cleaning daily. Use an oral swab before and after meals, or in the morning and evening. For patients who are conscious and cooperative, use a toothbrush for cleaning
- (2) Change the adhesive bandage daily, and rotate the NG tube 90° (1/4 turn) in the same direction to ensure it does not adhere to the stomach wall or gastric mucosa. This helps avoid damage caused by long-term food pressure at the tube exit point.
- (3) When applying the adhesive bandage, change its position daily, and avoid sticking it too tightly to prevent skin damage.
- (4) Clean the nasal cavity daily with a cotton swab dipped in water, and check the markings on the NG tube. If the tube becomes dislodged, inform the healthcare professional (or home-care nurse).
- (5) Ensure that the exposed portion of the NG tube is positioned properly to avoid pulling on or dislodging of the tube.

### III. Precautions:

- (1) Types of NG tubes and replacement dates:
- (2) Regular NG tubes: Suitable for short-term use of tubes made of a hard material. The tip of the tube can be corroded by stomach acid, causing it to harden. It is inexpensive and needs to be replaced every 1 to 2 weeks.
- (3) Silicone NG tubes: Suitable for long-term use of tube made of a soft material that is more comfortable for the patient and does not degrade easily. However, it is more expensive and needs to be replaced every 28 days.
- (4) For unconscious or restless, non-cooperative patients, prevent the NG tube from being pulled out. If necessary, provide appropriate restraint for the patient's hands to protect the tube.

If you are still unclear about something or have any questions, please contact the nursing station in the ward