



NG Tube



A note to caregivers and/or providers:

- This book will detail the steps of having an NG tube placed.

This book was written for patients of different ages and language levels. In this story we refer to an “NG tube” as a “bendy tube” or “bendy straw”. You can determine which language is best to use for your child.

- This story was developed to apply to a range of patients and units. Not all sections will apply to your child/patient as there are a variety of reasons a child may be getting an NG tube. Read this first and choose what information you think will be helpful. It is the responsibility of the provider and caregiver to evaluate the appropriateness of the information in this story.

- Some children benefit from distraction (e.g., watching YouTube during the procedure) while others prefer a reward after a procedure. Please see the customizable visual on the last page of this story. This is one way to present the idea of a prize/reward to your child (e.g., “First bendy tube, then *[insert prize here]*”).

- If you have more questions about strategies, please contact the Autism Friendly Health System Initiative at autismfriendly@rchsd.org

Sincerely,

The RCHSD Autism Friendly Health System Initiative



Today I am going to get an NG tube. An NG tube is a small bendy straw that will go in my nose and down to my stomach.

The job of the straw is to [insert reason here].



Note to caregivers: Children get NG tubes for a variety of reasons. Confirm with your provider in order to give your child the most accurate information.

The nurse will measure the tube from my nose to my ear

AND

From my ear to my stomach.



Next the nurse will put clear jelly on the end of the tube. This will help the tube go into my nose.



Now it is time for my NG tube.

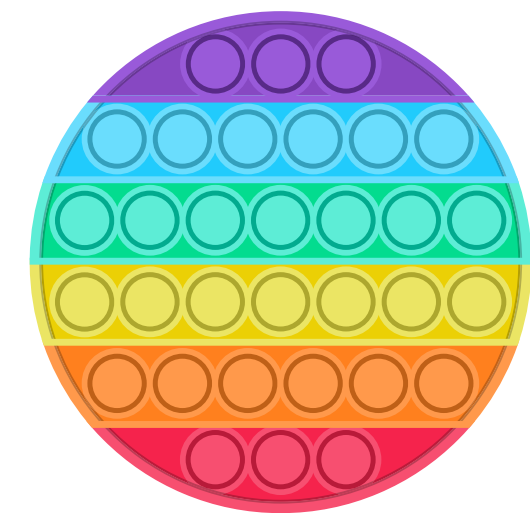
My job is to keep my body very still. If it is hard to keep my body still, then a nurse will help hold my head to keep me safe.



It's ok to feel nervous.



If I am nervous, then I can hold my *[insert item you brought with you for child to hold]*.



My *[caregiver]* **can stay with me the entire time.**

Note to caregivers: You may bring a sensory, comfort, or distraction item for your child to hold.



The nurse will slide the tube into my nose.

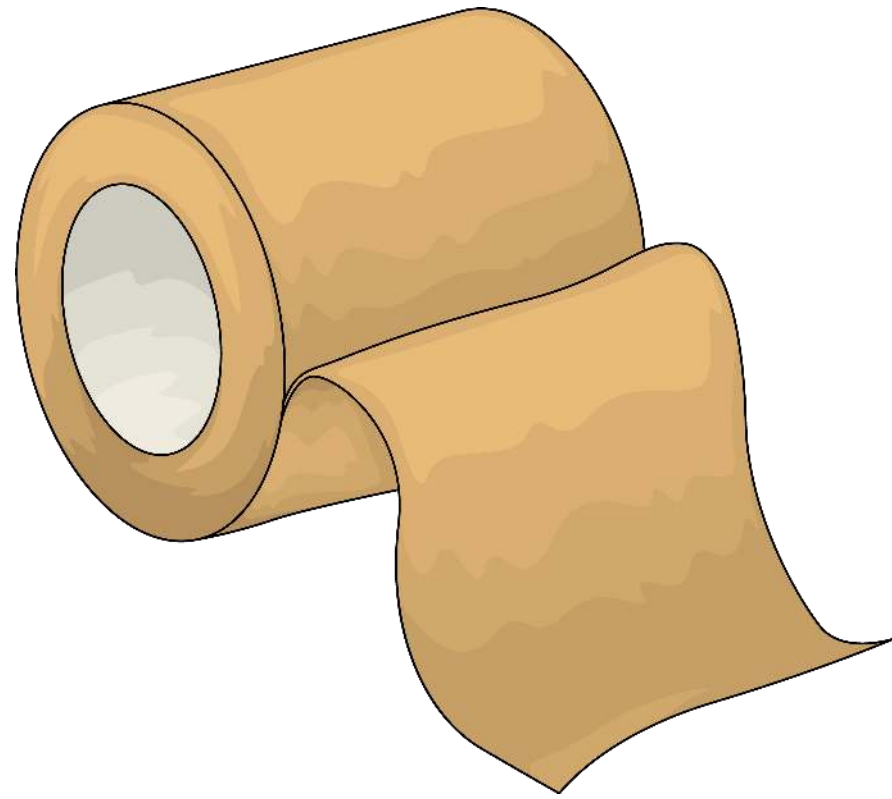
It will feel like a tickle in my nose or throat. It might make me cough.

The nurse might ask me to drink something to help the tube go down faster.



Now the nurse will use a stethoscope to make sure the tube is in the right place.





The nurse will put tape on my cheek to keep the tube in place.



My tube is in and I am all done!

**I did a great job keeping my
body safe and still!**

**Now it's time for [insert child's
preferred activity or reward].**

Note to caregivers: It may be helpful to identify a reward your child can earn after completing the NG tube.

all done



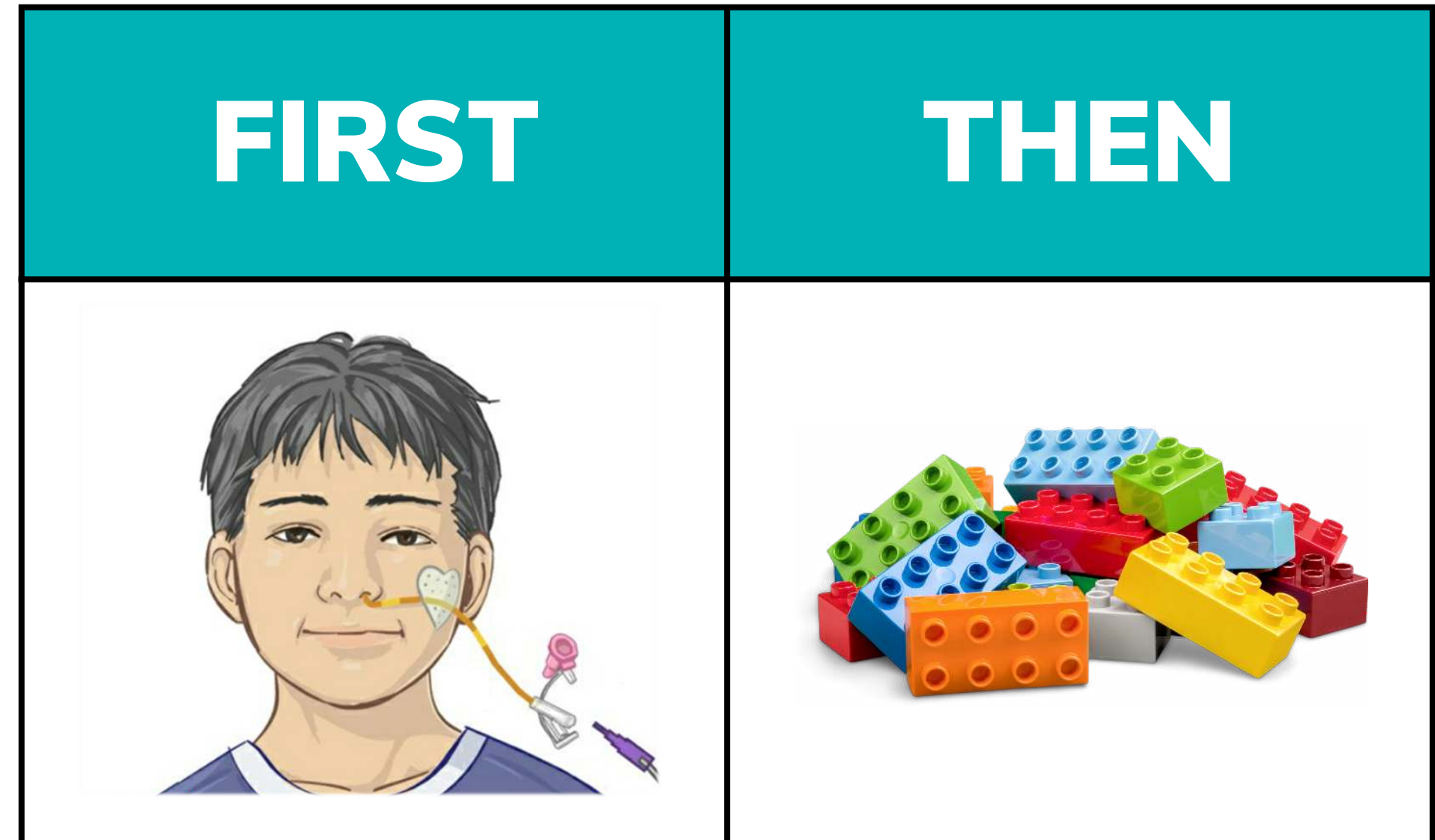
The End

Note to caregivers: Please review the following pages for additional visuals that may be utilized to prepare for the procedure.

Caregivers:

Here is a sample **“first-then”** visual if your child is earning a reward after the NG tube. Please use the template on the next page and add your own picture of the reward your child is earning under the word, **“then.”**

You can present this by saying, **“First bendy tube, then legos.”**



FIRST

THEN



“First bendy tube, then _____.”



Reward Chart

Another way to present the idea of a prize/reward is with a **reward chart**.

A reward chart can help the child understand how they will earn their reward. They can earn a star or check mark for completing each step of the visit. This could also be used to reinforce the child for keeping the NG tube in place.

This can increase motivation during the appointment.

Please customize with a picture of what your child is motivated to earn on the next page.

I'm working for



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I'm working for

□ □ □ □ □ □

= □

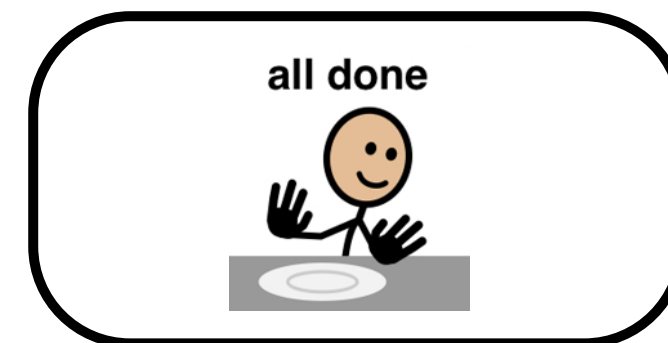
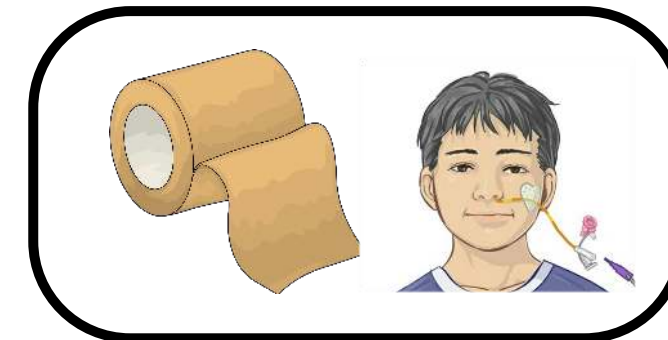
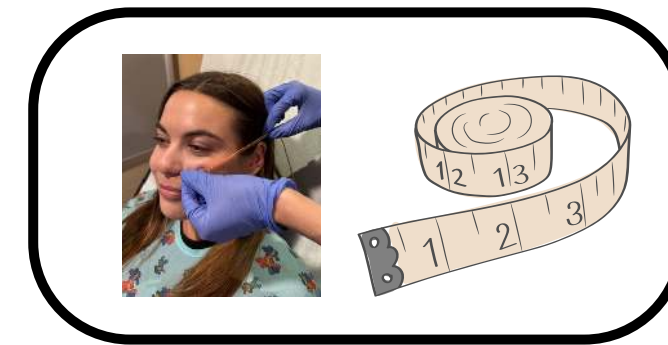


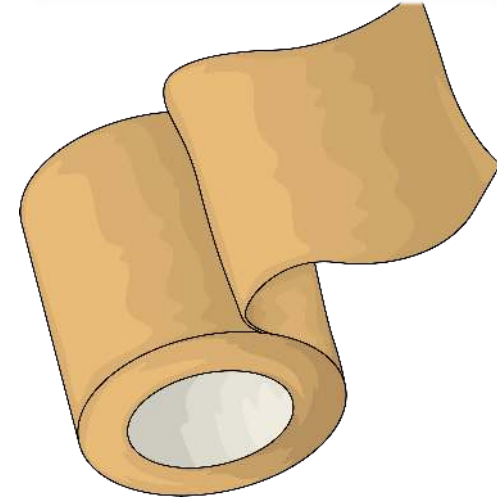
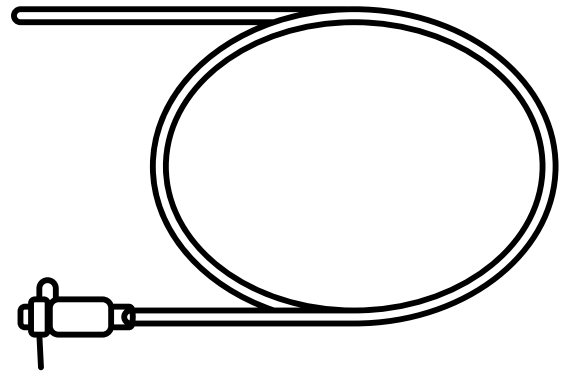
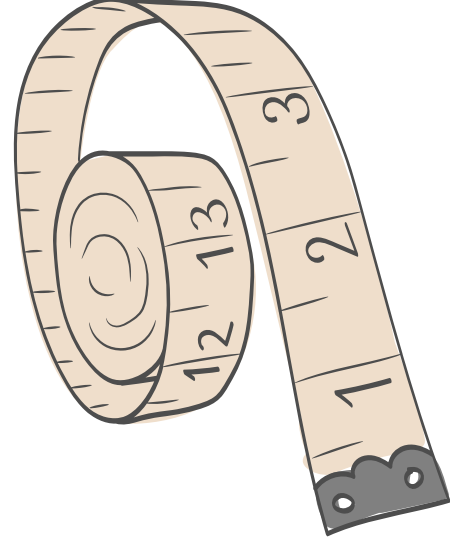
Visual Schedules

If your child benefits from the use of visual schedules, the next page may be helpful. As you point to each picture, you can briefly explain what will happen:

- Measure tube
- Put jelly on tube
- Put tube in nose, swallow
- Tape tube

Then you will be all done and can [insert reward here]!





all done

