

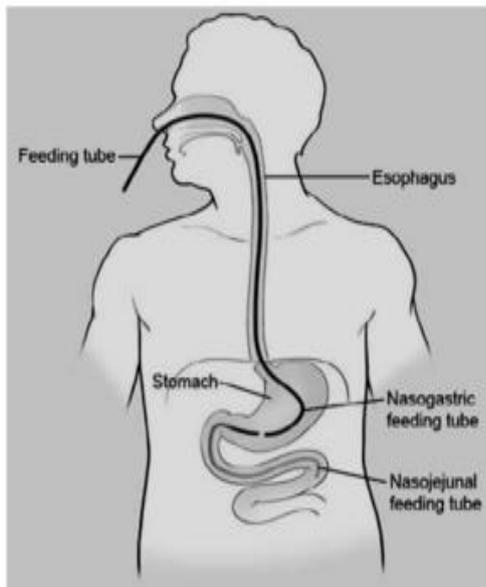
## Nutrition Team

# Having a Naso–Jejunal (NJ) Tube Fitted at the Bedside Using Magnetic Imaging (CORTRAK)

This information is intended for patients who may benefit from having an NJ (Naso–Jejunal) tube inserted to manage their nutrition and hydration needs. It should be given in conjunction with advice from the Nutrition Team or a dietitian, as this procedure is not appropriate for some patients.

### What is a NJ Tube?

An NJ tube is a long thin plastic tube which is inserted via your nostril. It follows the path of your food pipe and passes into your stomach and onwards into your bowel.



This tube is used for patients who are not able to maintain or improve their nutritional status by use of oral feeding and in whom feeding into the stomach is not recommended or has been unsuccessful.



## Patient Information

### **How is the tube inserted?**

This tube is inserted at the bedside by a nurse or doctor who has been specially trained to place it.

They begin by placing a sensor on your chest. The sensor is able to detect the tip of the NJ tube inside you. It traces an image onto the screen as the tube is advanced. As it passes through your stomach and into the bowel the image created indicates the path that the tube has taken.

When the person inserting the tube is happy with the placement, the tube is secured with tape to your nose or cheek. The image created on the screen is printed off and kept in your medical notes. A note is made of the cm position of the tube at your nostril. The cm position will be explained to you. It may be necessary to have an abdominal X-ray taken to confirm the tip position of the tube.

You will then be seen by a dietitian who will prescribe liquid feed to meet your nutritional needs. It is a specially made feed providing you with all the calories, protein, vitamins and minerals your body needs. The feed will be administered using a feeding pump. This can take up to 24 hours to administer. When you can tolerate it, the feed is usually given over a shorter time.

### **Frequently asked questions**

#### **Do I need to sign a consent form for the procedure?**

It is not necessary for a consent form to be signed. The person performing the procedure will explain what they are going to do prior to attempting it. If you were unable to participate in this discussion due to being on a ventilator, the procedure would be done based on what is in your best interests at the time.

#### **Will it hurt?**

The person placing the tube will reassure you at every step, but because the nose and throat are sensitive areas there can be an element of discomfort for some people. If at any point you wish to stop the procedure, you will be able to.

## Patient Information

### **Will I be able to eat and drink?**

Usually these tubes are inserted because of problems with the stomach. It may be recommended not to eat and have fluids only. Sometimes you will need to have nothing by mouth due to vomiting. The team looking after you will advise you about this.

### **Can I go home?**

People do go home with these tubes in. You will need to have some training in looking after it which will be provided by the Community Nutrition Nurses.

### **How do I know if the tube has moved?**

These tubes are very long but sometimes can move from the bowel back into the stomach. Each time you use the tube, check to see that the cm markings at the nostril remain the same. If the tube has moved, stop the feed and contact the Nutrition Team for advice.

If you experience any vomiting, or abdominal bloating, stop the feed and contact the Nutrition Team for advice.

### **Where do I get my feed and equipment from?**

You will be provided with a feeding pump (if required) before you go home, plus a small supply of feed, giving sets and syringes.

Once you are at home a company called 'Homeward' will deliver all the feed and equipment you need. Alternatively you will be able to get your feed from your local chemist. This will be organised by the dietitian.

### **Can I have a bath or shower?**

Yes you can. You need to be aware of the cm markings at the nostril. The tape may need changing after a shower and you will be shown how to do this before you go home.

### **What happens if my tube comes out?**

You need to be aware of the cm markings at the nostril. If the tube has come out, contact the Nutrition Team for advice.

## Patient Information

### Can I go out with the NJ tube in?

Yes. Your feed can be timed to enable you to go out without it or a carry pack will be provided if you need to keep your feed running.

### How long will I need the tube in for?

You will need to discuss this with your medical team.

### Contact numbers

If you have concerns or require any additional information, please contact any of the team members below who will be happy to answer your questions:

**Nutrition Team at UHCW NHS Trust:** 024 7696 6074 or 024 7696 7177

**Community Nutrition Nurses:** 024 7696 6094 or 07733225026

**Coventry Dietitians:** 024 7696 6161

The Trust has access to interpreting and translation services. If you need this information in another language or format contact 024 7696 6074 or 024 7696 7177 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

To give feedback on this leaflet please email [feedback@uhcw.nhs.uk](mailto:feedback@uhcw.nhs.uk)

#### Document History

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