



Insertion and Removal of a Nasal Bridle

For use with fine bore nasogastric tube.

All patients considered appropriate for nasal bridle insertion should be referred to the Nutrition Nurse Specialist.

Indications:

- Patients suitable for a size 8fg or 10fg fine bore nasogastric tube.
- Patients who have pulled out at least 3 nasogastric tubes in a 48 hour period.

Procedure:

- Explain the procedure to patient and obtain consent
- Lubricate the proximal ends of both introducing probes
- Insert the retrieving probe into the nostril until the first rib/indentation is at the bottom of the nostril
- Insert the bridle catheter into the opposite nostril with the stylet in place
- Gently manipulate the probes until contact between the 2 magnets at the end of the probes is made by an audible "click".
- If no contact is made, advance the bridle and probe to the second indentation on the probe
- Once contact occurs, remove stylet completely from the bridle catheter
- Slowly withdraw the retrieving probe while allowing the bridle catheter to advance into the nose. Continue until only the umbilical tape is in the nose.
- Cut the bridle catheter off the umbilical tape leaving only the tape
- Select the correct size of the retaining clip for the gauge of feeding tube
- Knot the umbilical tape securely around 5mm distal to nasal septum
- Twist the ends of the tape distal to knot and place in the deep channel of the clip, place the fine bore nasogastric tube over the tape. The clip should lie on the upper lip. Snap the two halves of the clip firmly together until it clicks. Knot the ends of the tape below the clip and trim any excess.
- Secure fine bore nasogastric tube to side of face
- Document in nursing notes: type of tube/size/length inserted/how position confirmed and that bridle has been used.

Hygiene:

- Clean and dry the nasal bridle daily with soap and water
- Monitor nasal mucosa for signs of irritation

Removal:

- The bridle can remain in place for the entire duration of the feeding tube
- When removal is planned, cut one side of the umbilical tape (between the nose and upper knot), gently pull both the bridle and feeding tube out at the same time.