



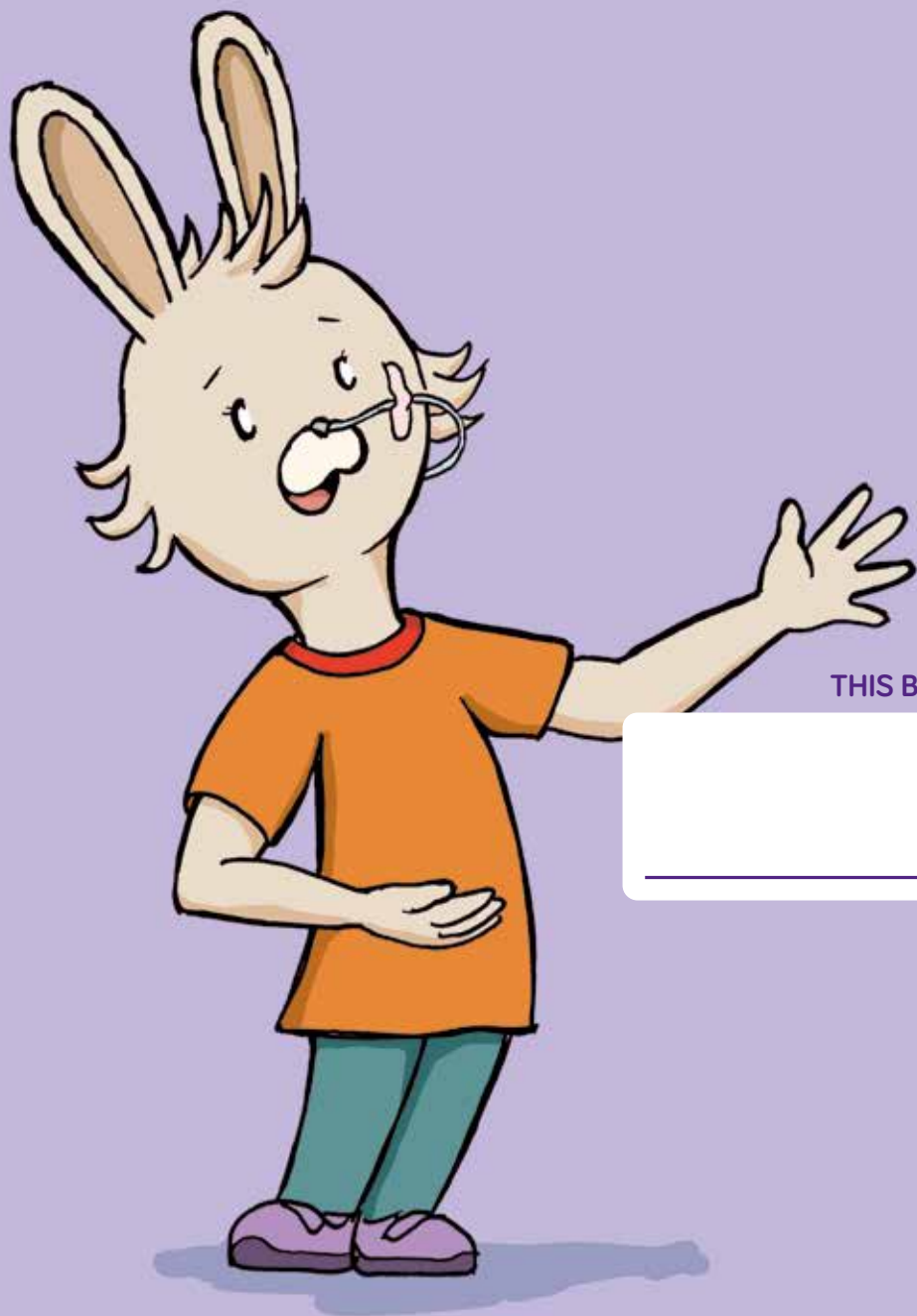
A cartoon illustration of a young girl named Rita Rabbit. She has long, upright ears and is wearing an orange t-shirt, blue pants, and pink socks. She is jumping on a blue trampoline in a garden. A nasal feeding tube is visible, entering her nostril and connected to a small pink reservoir. The background shows a white picket fence, green bushes, a large tree, and a yellow house. A yellow butterfly is flying in the sky.

RITA RABBIT

AND HER NOSE TUBE

A story about a strong little rabbit and her nasal feeding tube.

This booklet is intended for patients and carers of patients using enteral feeding.



THIS BOOK BELONGS TO

A blank white rectangular box with a thin purple border, intended for writing the owner's name.



This is the story of Rita Rabbit. She likes nothing better than to play outside in the garden all day, chasing after the bright butterflies or swinging as high as she can on her swing. Usually, this makes her so hungry that she could eat a whole box of carrots in one go. Unfortunately, she can't as Rita isn't like the other rabbits she plays with.



As hard as she tries, Rita just can't get enough food all the way down into her tummy to make her big and strong.

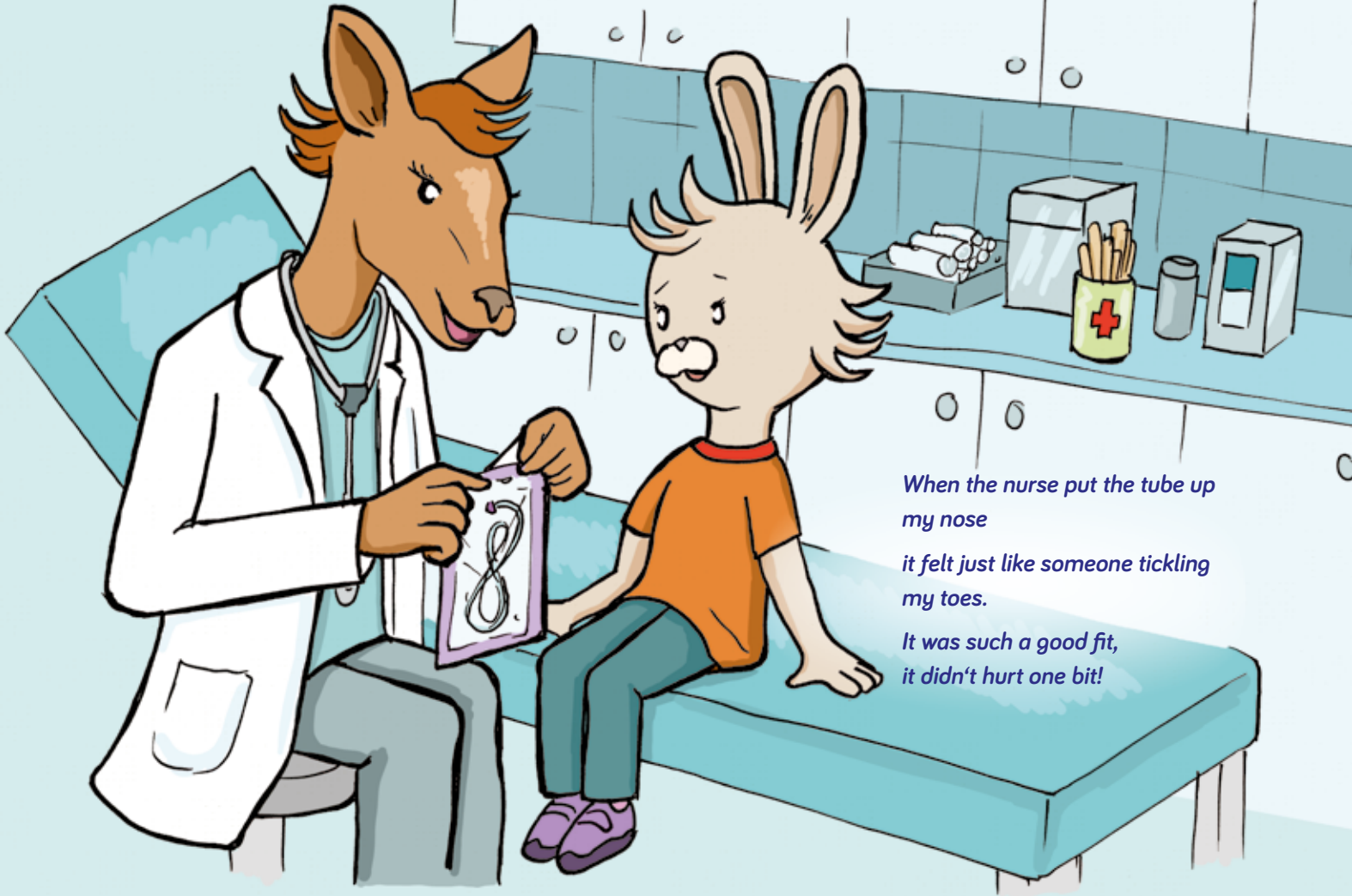
That is why she takes special food through a tube into her nose. It's called a nasogastric tube. Rita thinks it's a hard word to say. She thinks that's a silly word for a tube that goes through your nose and into your tummy. So Rita calls it her nose tube!

Rita wants to grow big and strong because she has big plans for the future. She wants to win hopping races and hop higher than anyone else has ever hopped before, maybe all the way to the clouds.



Rita has got used to eating through her nose tube! She actually eats liquid food through a very thin tube that goes all the way from her nose right into her tummy. That's what's so special about Rita.

In the beginning, Rita was really nervous when the nurse carefully put the tube into her nose for the very first time. She didn't need to worry. It just tickled a bit, like the grass sometimes tickles her feet when she hops on it.



*When the nurse put the tube up
my nose*

*it felt just like someone tickling
my toes.*


*It was such a good fit,
it didn't hurt one bit!*



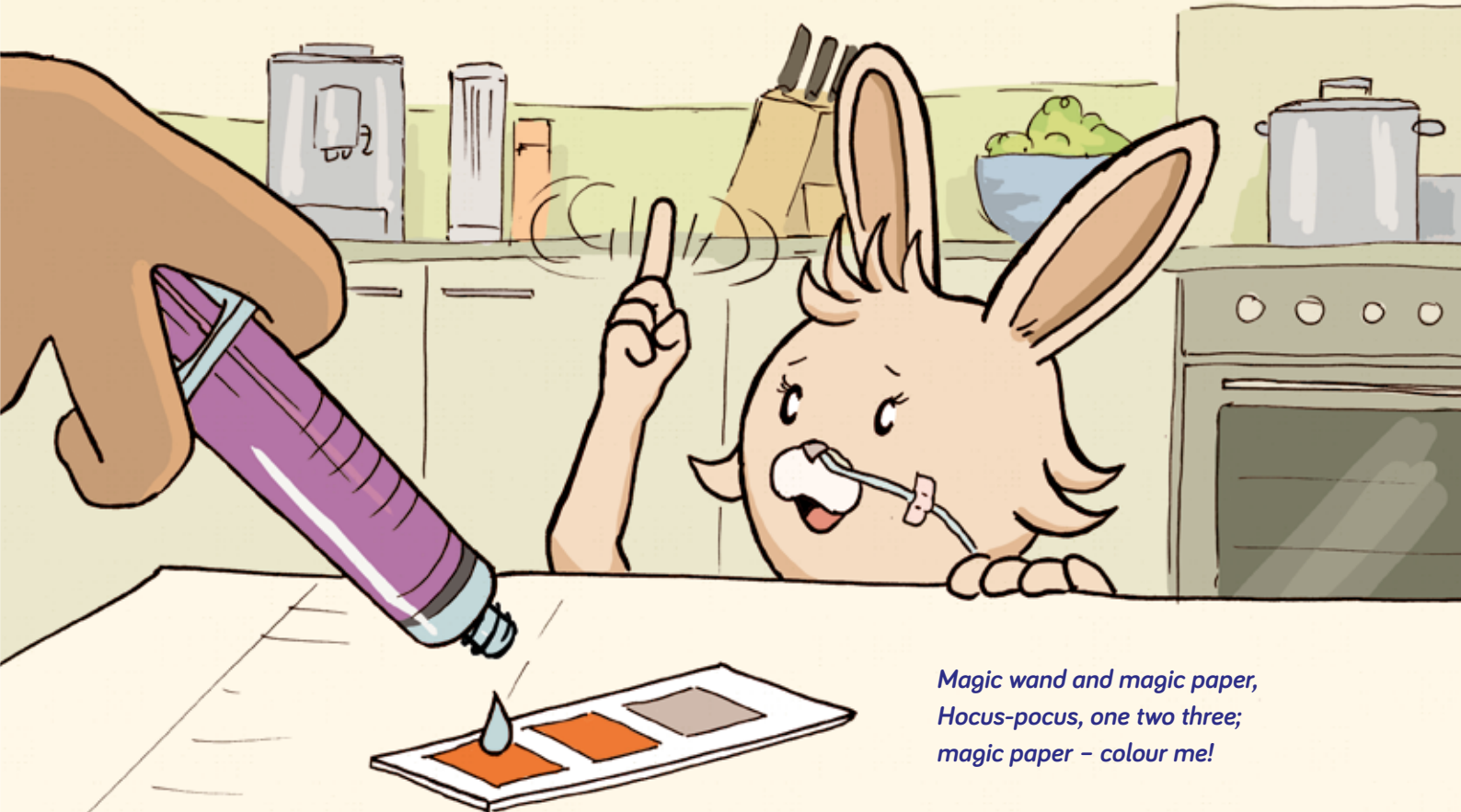
*I get a plaster on it before I go to play,
then I'm off out and away.*

*I can dance, jump, laugh and run
and do anything else that's fun!*

Like all children, Rita loves nothing better than playing outside. Hopping is what rabbits are best at after all! Rita also sometimes plays a little too wildly, just like the other children. So wildly, in fact, that her nasal feeding tube might slip out of her nose. To make sure that doesn't happen, Rita's mum sticks the nose tube to Rita's face with a strong plaster. Better safe than sorry!



When it's time for Rita to have her special food, her mum has to check that Rita's nose tube is safely in her tummy. She has a little magic trick up her sleeve - all she needs is to use Simon the Syringe to get some liquid from the tube, and some magic paper, of course.

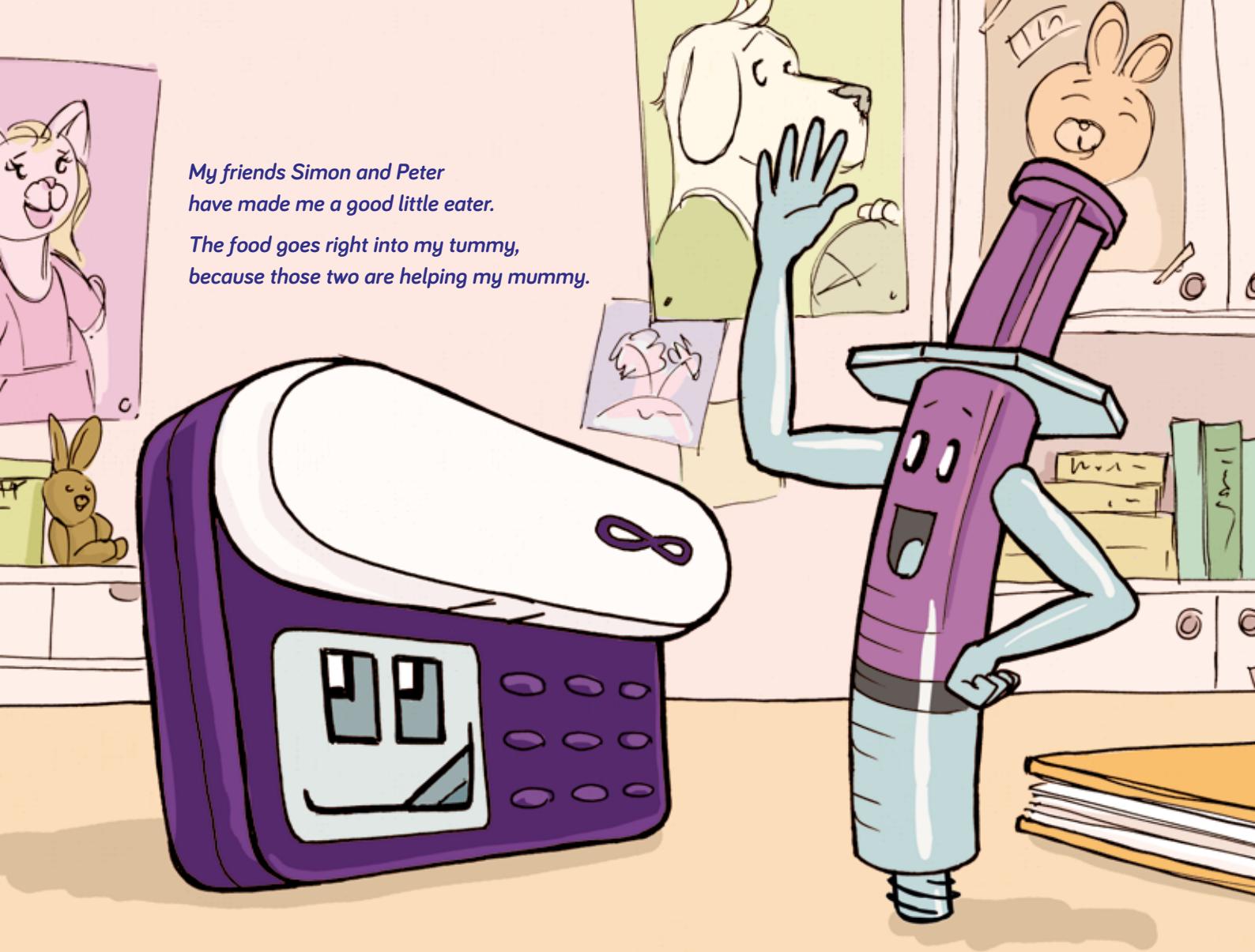


*Magic wand and magic paper,
Hocus-pocus, one two three;
magic paper - colour me!*

A drop of liquid from the tube goes straight onto the magic paper. Then her mum always says her magic spell: "Hocus-pocus, one two three; magic paper, colour me." When the magic paper changes colour, she knows that Rita's tube is working the way it should - and that she can start to give Rita her special food. Would you like to help Rita and her mum with their magic? Quick, say Rita's special magic spell!

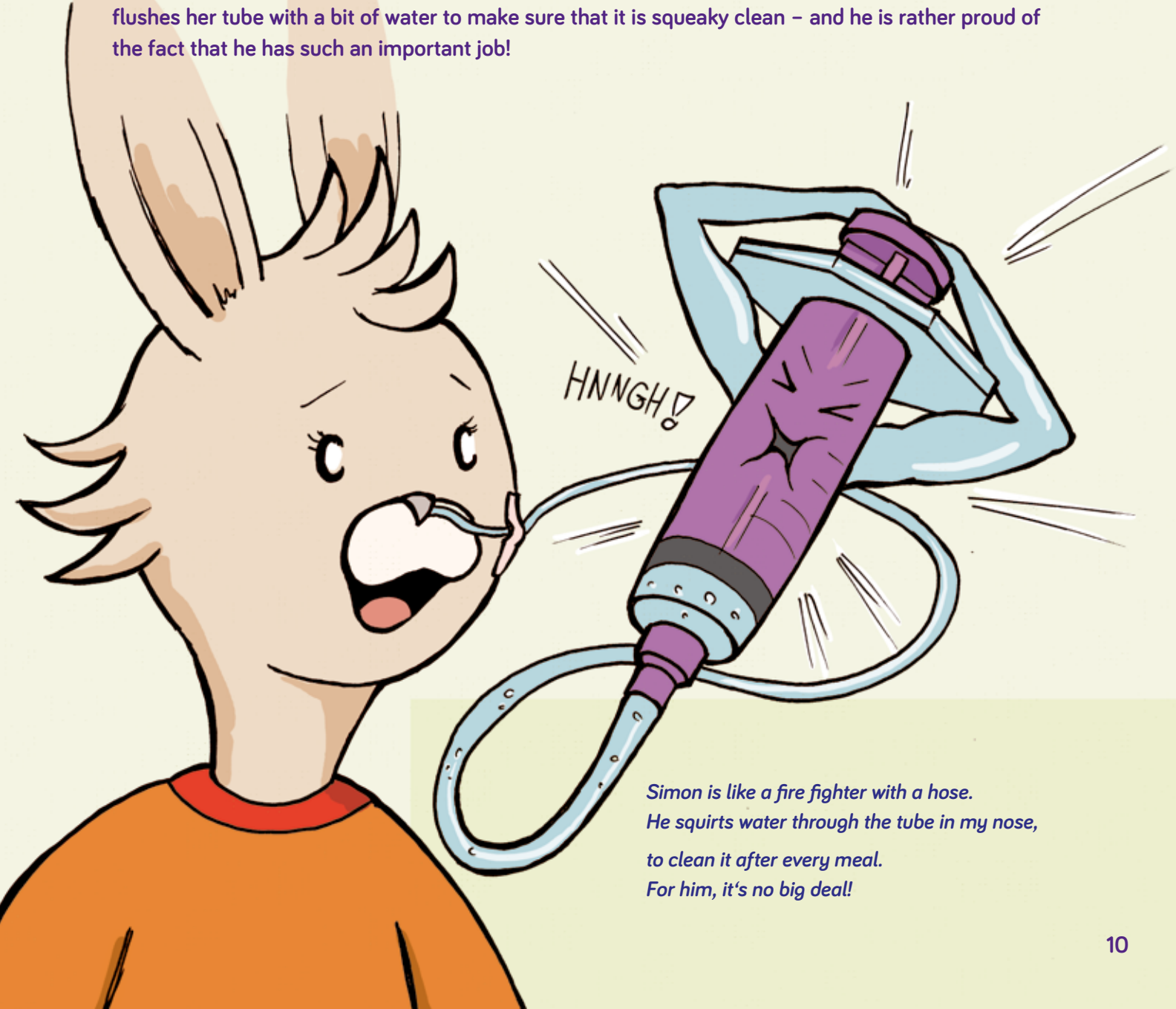
*My friends Simon and Peter
have made me a good little eater.*

*The food goes right into my tummy,
because those two are helping my mummy.*



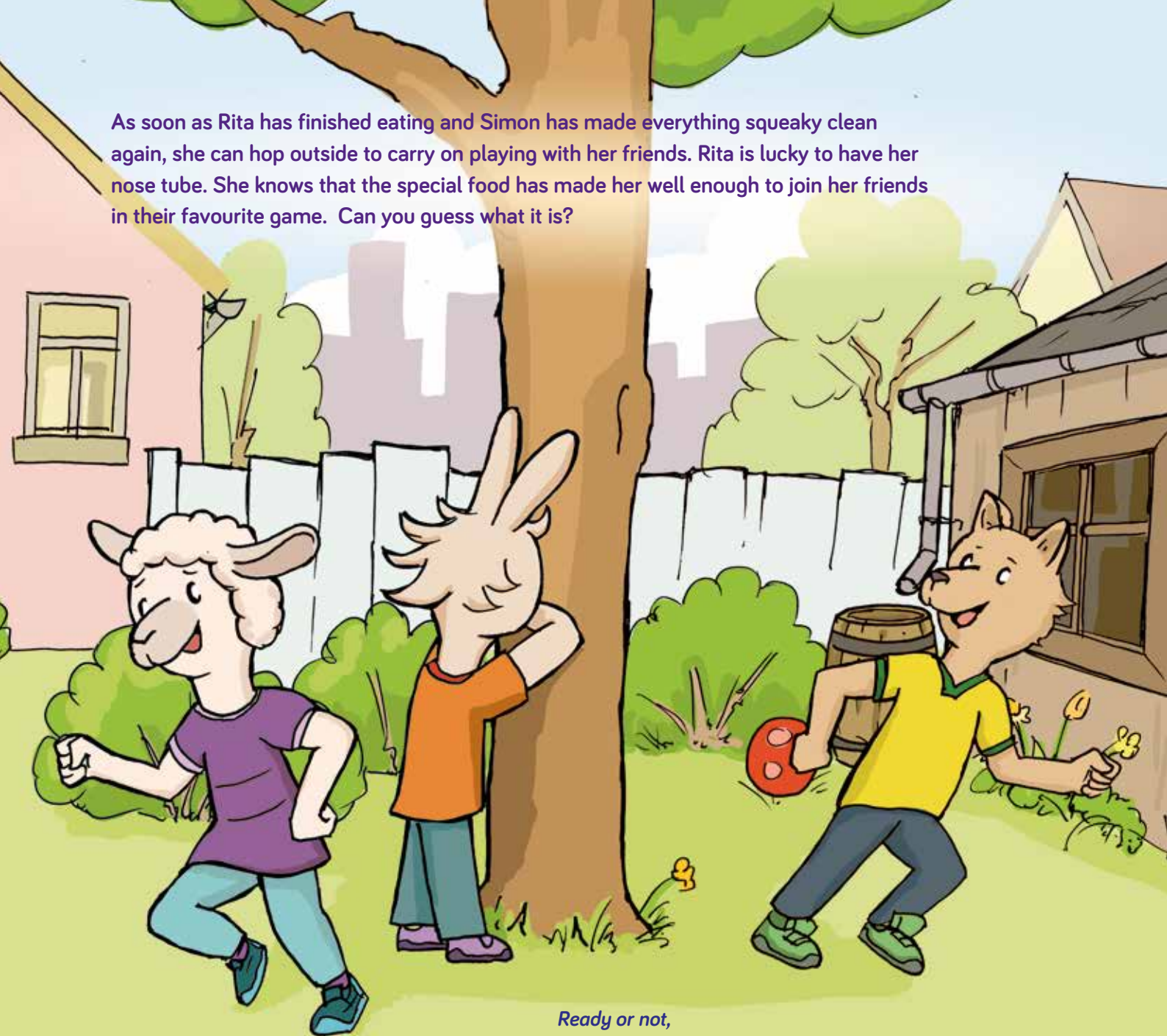
Rita has two good friends that help the special food to go all the way down the tube and right into her tummy: Peter the Pump and Simon the Syringe. Peter and Simon help Rita's special food go through her nose tube. Rita is always glad to see her two friends.

You have already met Simon the Syringe. He is one of the two friends that push Rita's food down into her tummy. But, Simon can do much, much more – he also loves cleaning! After Rita has eaten, he flushes her tube with a bit of water to make sure that it is squeaky clean – and he is rather proud of the fact that he has such an important job!



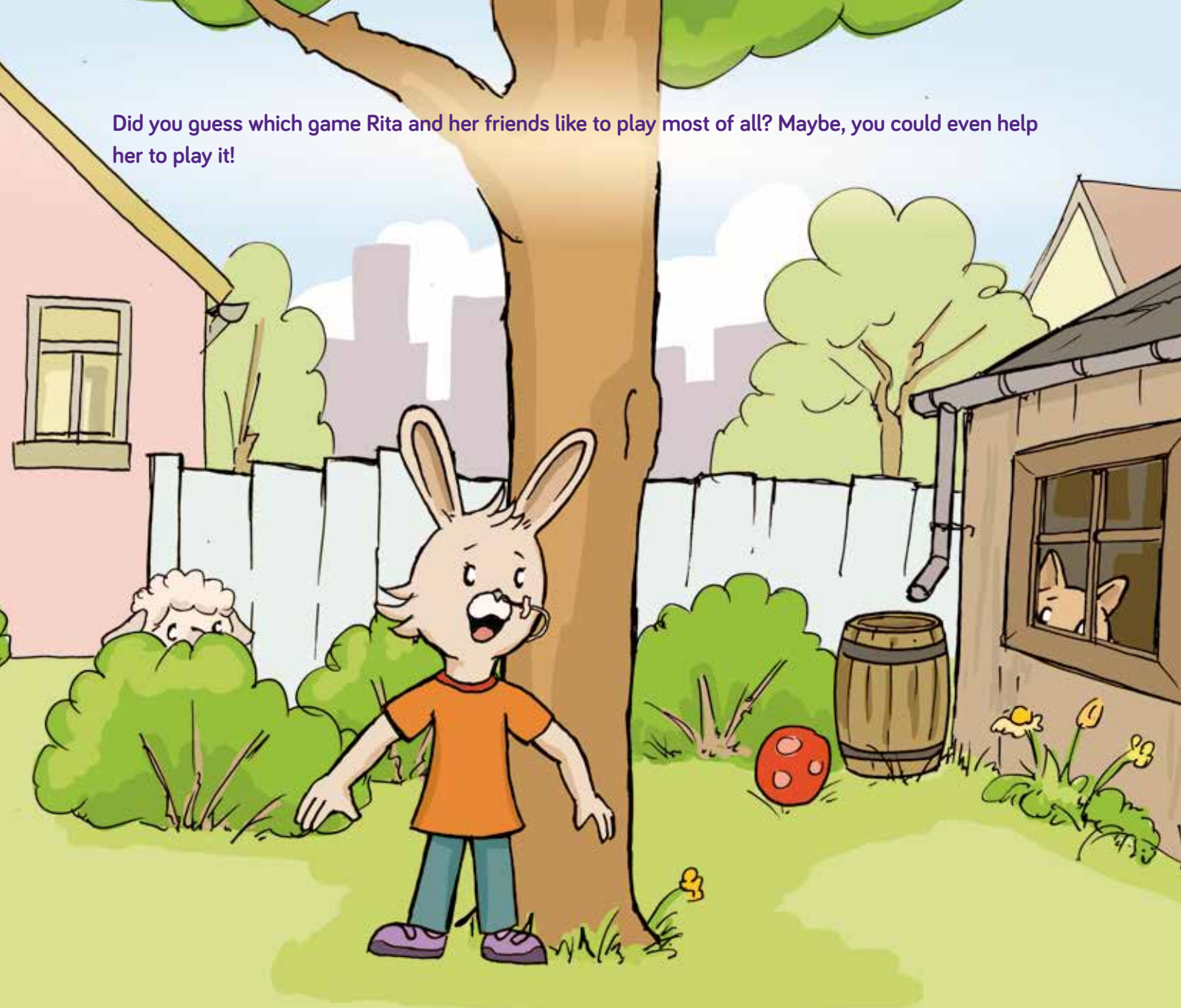
*Simon is like a fire fighter with a hose.
He squirts water through the tube in my nose,
to clean it after every meal.
For him, it's no big deal!*

As soon as Rita has finished eating and Simon has made everything squeaky clean again, she can hop outside to carry on playing with her friends. Rita is lucky to have her nose tube. She knows that the special food has made her well enough to join her friends in their favourite game. Can you guess what it is?



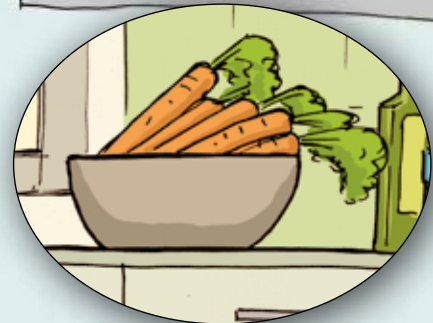
*Ready or not,
here I come!*

Did you guess which game Rita and her friends like to play most of all? Maybe, you could even help her to play it!



One, two, three, four, five. six, seven, eight, nine, ten – here I come, ready or not!

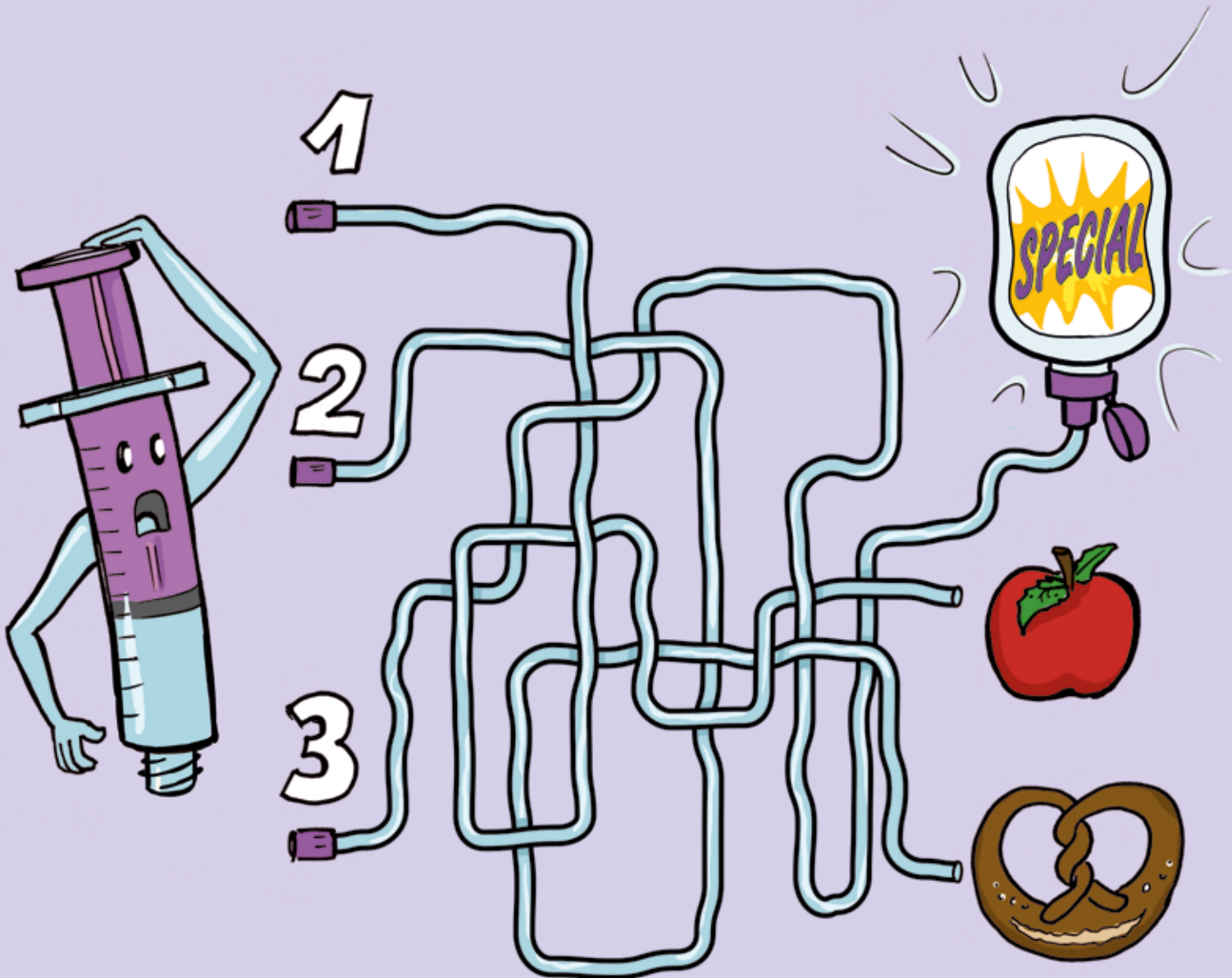
Now you know the story of Rita and her nose tube. All of these things next to Rita were mentioned in the story. Do you remember where you can find them?



Oopsy, the story seems to have run out of colour. If you like, you can colour Rita in with your colouring pens and maybe, you could draw yourself right next to her.



Oh no, what a mess! Can you help Simon the Syringe to find the right tube that leads to Rita's special food? Remember, normal food won't fit through the thin tube!





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