

HOW DO I MEASURE THE pH OF GASTRIC ASPIRATE

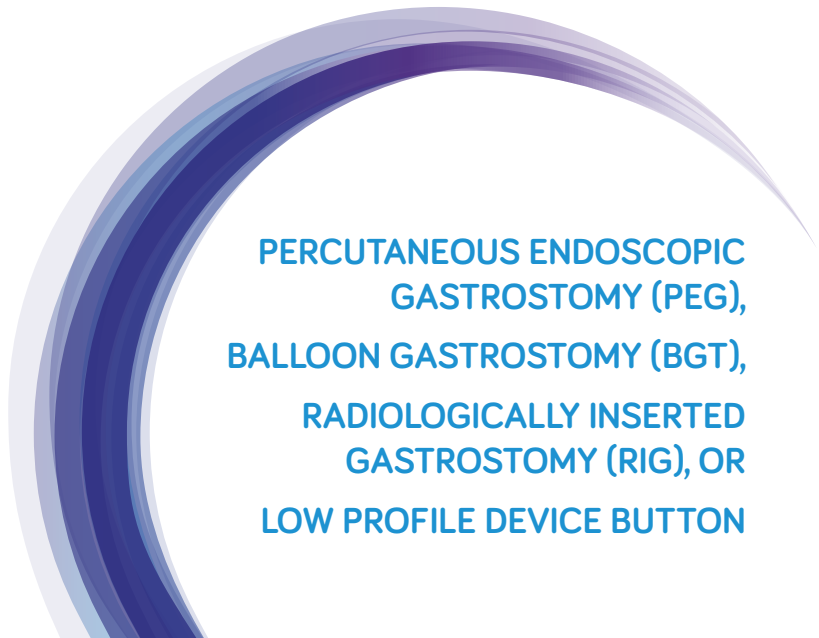
NOTE: This guidance relates to gastrostomy tubes (e.g. PEG, BGT, RIG, LPD/Button) only.

IMPORTANT NOTE: It is important that you contact your Homeward Nurse if you need additional training on the Flocare pump (if applicable) or tube feeding.

This leaflet provides specific guidance on how to measure the pH value of gastric aspirate when confirming the position of your feeding tube.

Be aware that pH testing of gastric aspirate should not be used by itself to determine your tube is in the right place. You should always consider other factors, such as the external tube length and how you are feeling in yourself, e.g. any pain, redness or swelling around the tube site, any unusual abdominal pain, chest pain, breathing difficulties, or fever.

If you have any reason to suspect your feeding tube is positioned incorrectly, do not use the tube and contact a healthcare professional immediately.



**PERCUTANEOUS ENDOSCOPIC
GASTROSTOMY (PEG),
BALLOON GASTROSTOMY (BGT),
RADIOLOGICALLY INSERTED
GASTROSTOMY (RIG), OR
LOW PROFILE DEVICE BUTTON**

HOW DO I MEASURE THE PH OF GASTRIC ASPIRATE?

Where enteral nutrition/medication has already passed through the tube, wait at least one hour without further feeding before pH testing the gastric aspirate.

Equipment:

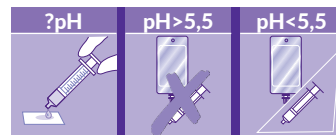
- 60ml enteral syringe
- pH indicator strips (CE marked for human gastric aspirate and in date)
- Water (type and volume as recommended by the managing healthcare professional)
- Extension set (if using a Button).

Process

- Wash hands before and after handling the feeding tube
- Confirm the external cm markings on the feeding tube nearest the skin level have not changed
- Attach extension set (if using a Button)
- Ensure the clamp on the feeding tube is closed before removing end cap (if present). Attach the 60ml enteral syringe to the end of the feeding tube
- Open the clamp on the feeding tube (if present) and very slowly pull back on the syringe plunger until a small amount of fluid (at least 0.5–1.0ml) appears in the syringe
- Close the clamp. Detach the syringe from the feeding tube, replace the end cap of the feeding tube. Detach extension set (if using a Button). Open the clamp on the feeding tube (if present)
- Drop the fluid onto the pH indicator strip and read the pH as per manufacturers instructions.

If the pH value is 1-5.5 it suggests the feeding tube is in the correct position (the stomach). However, it is important to consider all other relevant factors as described above. Once you are confident the feeding tube is in the correct position flush the tube with water (type and volume as recommended by the managing healthcare professional).

NOTE: Before flushing ensure patient is sitting at a 45° angle.



If the pH value is more than 5.5, do not administer anything via the feeding tube. Check the pH value again in 30-60 minutes. If the pH value remains above 5.5 contact the managing healthcare professional. It is very important that you do not administer anything including enteral nutrition, water or medication via the feeding tube until confirmation the feeding tube is in the correct place.

NOTES

If it is not possible to obtain gastric aspirate for checking pH, you could try the following:

- Lie on the left side, wait for 15 minutes, then try again
- Give mouth care to the patient to stimulate gastric secretions and then try again to test the tube position
- If it is still not possible to obtain any gastric aspirate do not use the feeding tube and contact a healthcare professional for further instructions.

The Nutricia Homeward Nursing Service advice literature is provided as guidance following Nutricia Homeward Nursing Service training, and should not be used as a substitute for medical advice. Always contact your healthcare professional prior to making any changes to your tube feeding regimen.

Please contact the Homeward Nurse or managing healthcare professional for the most up to date version every year. Provided on behalf of Nutricia Ltd at the request of the NHS managing healthcare professional.

IMPORTANT: Always seek urgent medical advice if there are any signs of abdominal pain, chest pain or breathing difficulties.

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