

## What is a nasal bridle?

A nasal bridle is a thin piece of white umbilical tape (or cloth) that is secured to a nasogastric (NG) or nasojejunal (NJ) tube with a small clip. The bridle may be placed when the child's tube is placed or after the tube is already in.

## Why is it used?

The bridle helps:

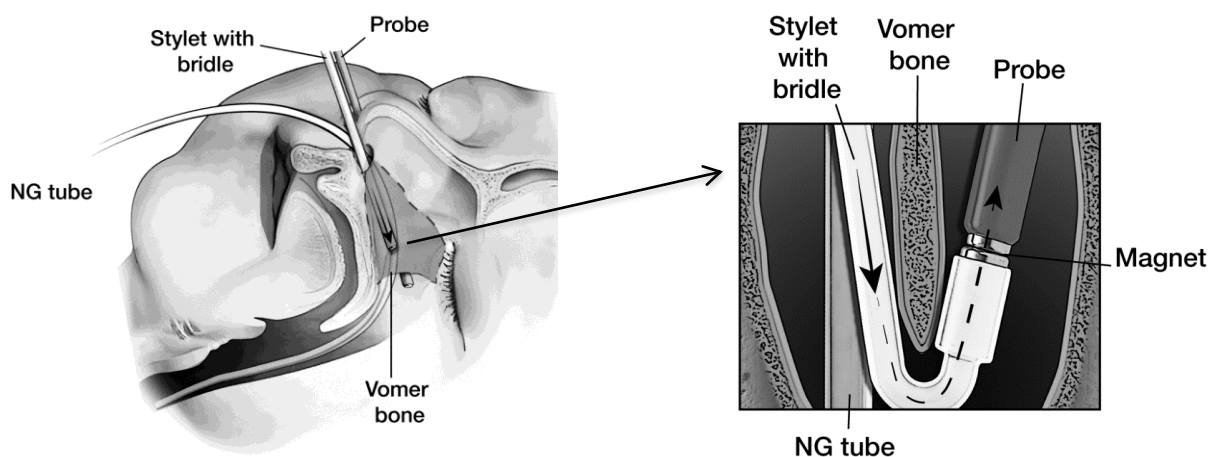
- To prevent the tube from being pulled out.
- To secure the tube without using a lot of sticky tape. This frees the tube from being taped to your child's face, which could cause irritation or redness to the skin. You may still use sticky tape to help keep the tube out of your child's reach, but you should only need a small amount.

## How is it placed?

A trained clinician will:

- Thread the bridle into your child's nose with a special insertion tube. The bridle will go into one nostril and come out of the other nostril.
- Secure the bridle to the clip. The clip size fits around your child's tube and holds the tube and bridle in place.

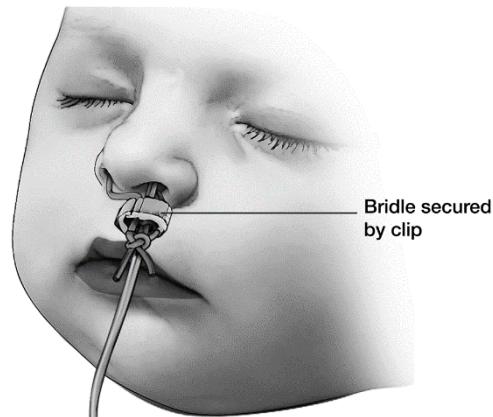
Your child should not feel pain but may feel some discomfort while the bridle is threaded.



**In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.**

# Nasal bridle, continued

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## How does it work?

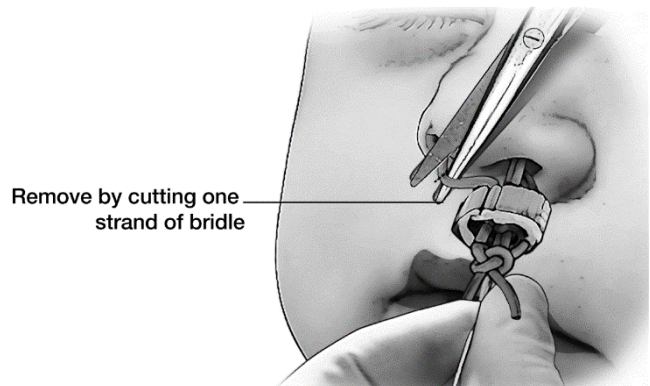
The bridle goes around a bone in the nose called the vomer bone. If your child pulls the tube, they will feel pressure at the back of the nose and will then stop pulling. The vomer bone is very strong, so your child cannot hurt it. The bridle can stay in for many days and help keep the tube in place.

## How is it removed?

Talk with your child's doctor or nurse if you have any questions about removing the bridle.

There are 2 ways to remove it:

- You may be given a small chip that looks like a guitar pick. One edge can be inserted into the clip to pop it open.
- The other way is to carefully cut the loop of white umbilical tape (cloth). Once the loop is cut in one place, the tube and the bridle will slide easily out of the nose. You should not have to do this, but it is good to know how, just in case someone asks.



## When should I call the doctor?

Call your child's doctor if:

- You think the tube is in the wrong position.
- Your child is having feeding problems.
- The NG tube or NJ tube is hurting your child.

Also call the doctor if you are concerned about how your child looks or feels.

## Is follow-up care needed?

Always be sure to follow-up with your doctor at scheduled visits.

**This teaching sheet contains general information only. Talk with your child's doctor or a member of your child's healthcare team about specific care of your child.**

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