Nasal Bridle

What is a Nasal Tube Retaining Device?
The Nasal Bridle keeps the nasal tube (or feeding tube) in place. It will help prevent your feeding tube from being pulled out. To insert the bridle, a thin cloth tape with a clip attached is threaded through your nose. The bridle clip is not painful and should not harm your nose. If your nasal tube is pulled on, it may feel uncomfortable; but the bridle is designed to slip out before the nose is hurt. Even so, you should not touch or pull on the nasal bridle.

Nasal Bridle Size:
The size of the nasal bridle you are using is a ____________ French. It is the same size as the nasal tube. The bridle was placed on this date: ____________.

How do I Care for the Bridle?
• Keep the bridle and your nose clean. Wash the bridle and your nose daily with warm water.
• Check the bridle clip for signs of damage.
• Check the bridle clip is holding the nasal tube tightly.
• Look at the bridle, nasal tube, and nose for any changes.

Measurement of the Bridle
• You will be shown the right measurement of the bridle.
• The correct measurement of your bridle is ______ cm.
• You will look at this measurement often to know if the bridle has moved or has been pulled out.
What should I do if the Tube moved or is Not Measuring Correctly?

- Ask a family member for help if needed.
- Wash your hands.
- With the clip-opening tool, open the clip.
- Hold onto the clip, nasal tube, and tape so the tape does not slide back into the nose. The tape can easily slide back into the nose. Hold onto the tape to prevent you from swallowing the tape.
- Make sure the nasal tube is in the right place.
- Close the clip and return the opening tool to a safe place.

If you Notice any of the Following Signs, Call your Provider Immediately:

- Bloody nose.
- Visible sores.
- Increased or discolored mucous.
- Headache or pain in the nose that does not get better after taking medication.
- Fever greater than 101°F or 38.5°C.

What should I do if the Clip Appears Broken or is Not Holding the Nasal Tube Tightly?

Call your provider. You may need to remove the bridle.

What if my Provider Tells Me to Remove the Bridle?

- Wash your hands and prepare your equipment and work area.
- Position yourself comfortably so you can hold still while you remove the bridle. If needed, ask someone to help your while removing the bridle.
- To remove the bridle and nasal tube, cut only one strand of the tape.
- Gently pull both the bridle and the nasal tube out of the nose.
- To remove the nasal bridle only, cut both ends of the tape.
- Remove the bridle.

Hold onto the tape to prevent you from swallowing the tape. The tape can easily slide back into the nose.