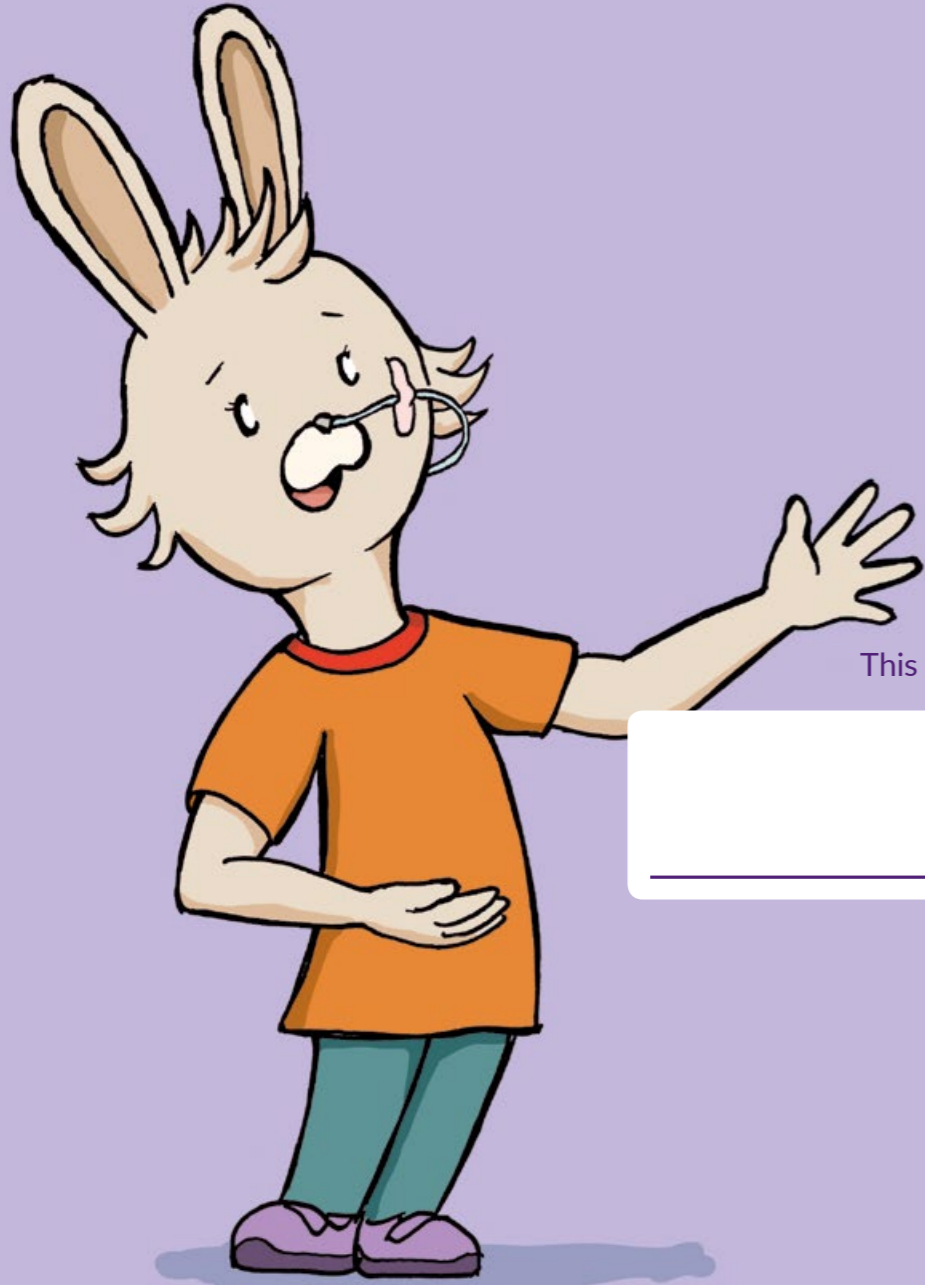


RITA RABBIT

AND HER NOSE TUBE



This book belongs to



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 its a hard word to say "Nosy guest" tube? – No Rita its a "nasogastric" tube. She thinks that's a silly word for a tube that goes through your nose and into your tummy. But she knows that grown-ups often make things sound more complicated than they are!

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.



Just like 'that' she has got used to eating through her nose! She eats through her nose? Well, not really, 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 needn't have worried. It just tickled a bit, like the grass sometimes tickles her feet when she walks on it.

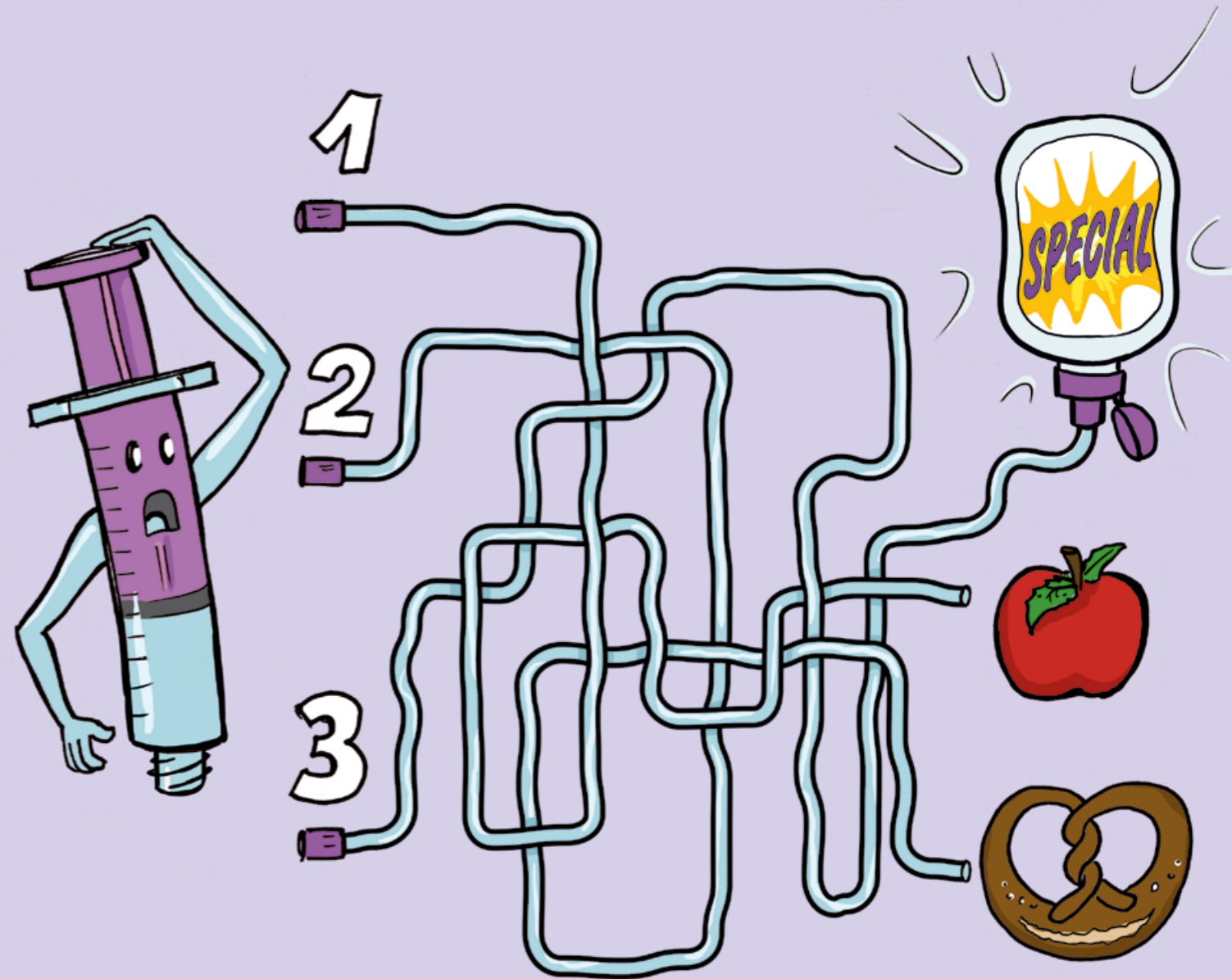


When the nurse put the tube up my nose it felt just like someone tickling my toes.

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

Rita now hardly notices the tube with the funny name. OK, so it's not exactly invisible and you can see it peeping out of Rita's nose – but it doesn't hurt her the teensiest bit.

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!



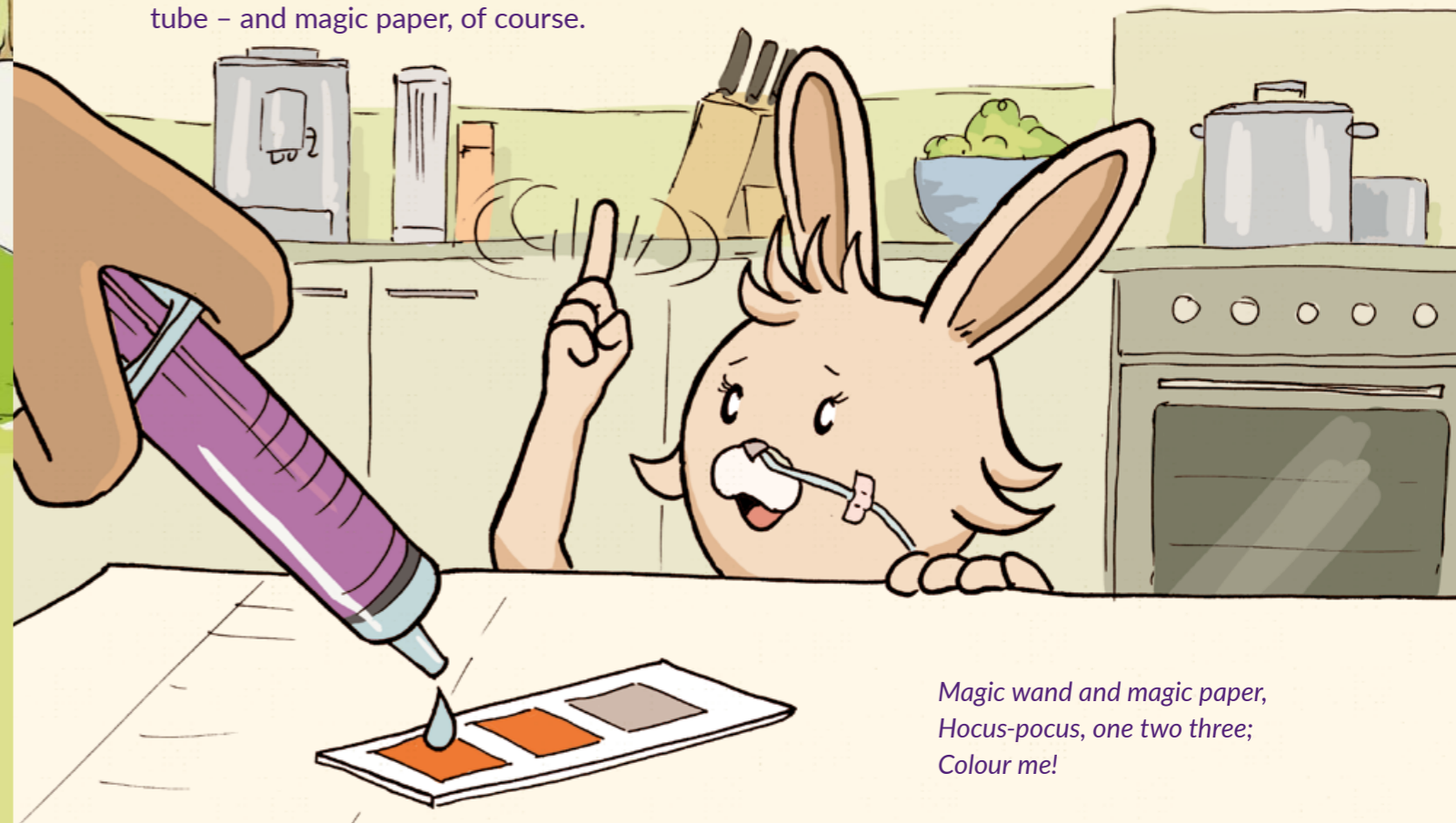


*I get a plaster on it before I go to play,
then I'm off out and away.*

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

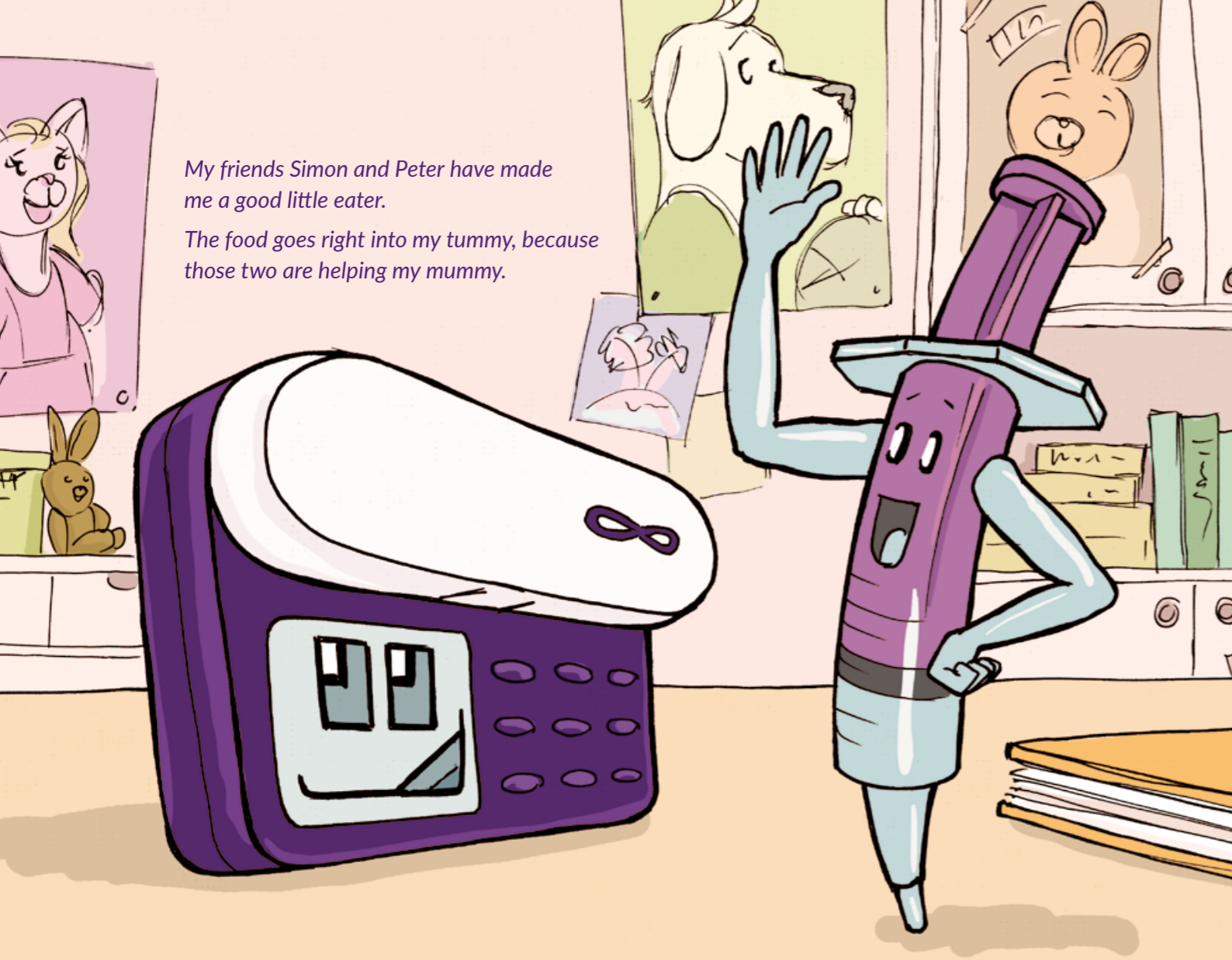
Like all children, Rita loves nothing better than playing outside. Running and hopping is what rabbits are best at after all! Rita also sometimes plays a little too wildly, just like the other children. So wildly, in fact, that her nasal feeding tube might slip out of her nose. To make sure that doesn't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

When it's time for Rita to have her special food, her mum has to check that it will really go all the way down into Rita's tummy. Her mum checks that the tube is the same length hanging from her nose and that it is not coiled at the back of her throat. She has a little magic trick up her sleeve for making sure that it does. All she needs is some liquid from the tube – and magic paper, of course.



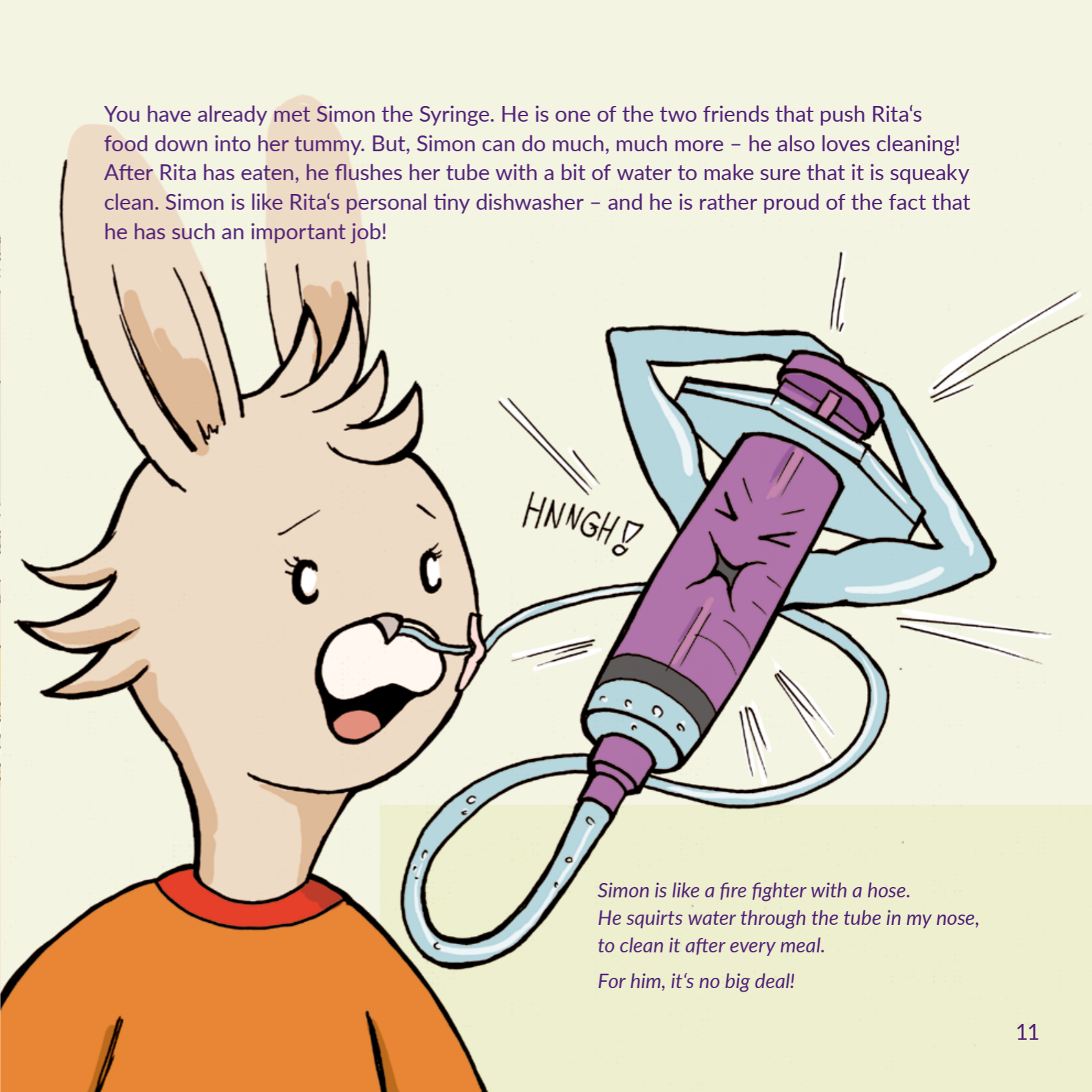
*Magic wand and magic paper,
Hocus-pocus, one two three;
Colour me!*

The 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 then 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 push and shove Rita's special food through the tiny thin tube. Rita is always glad to see her two friends.



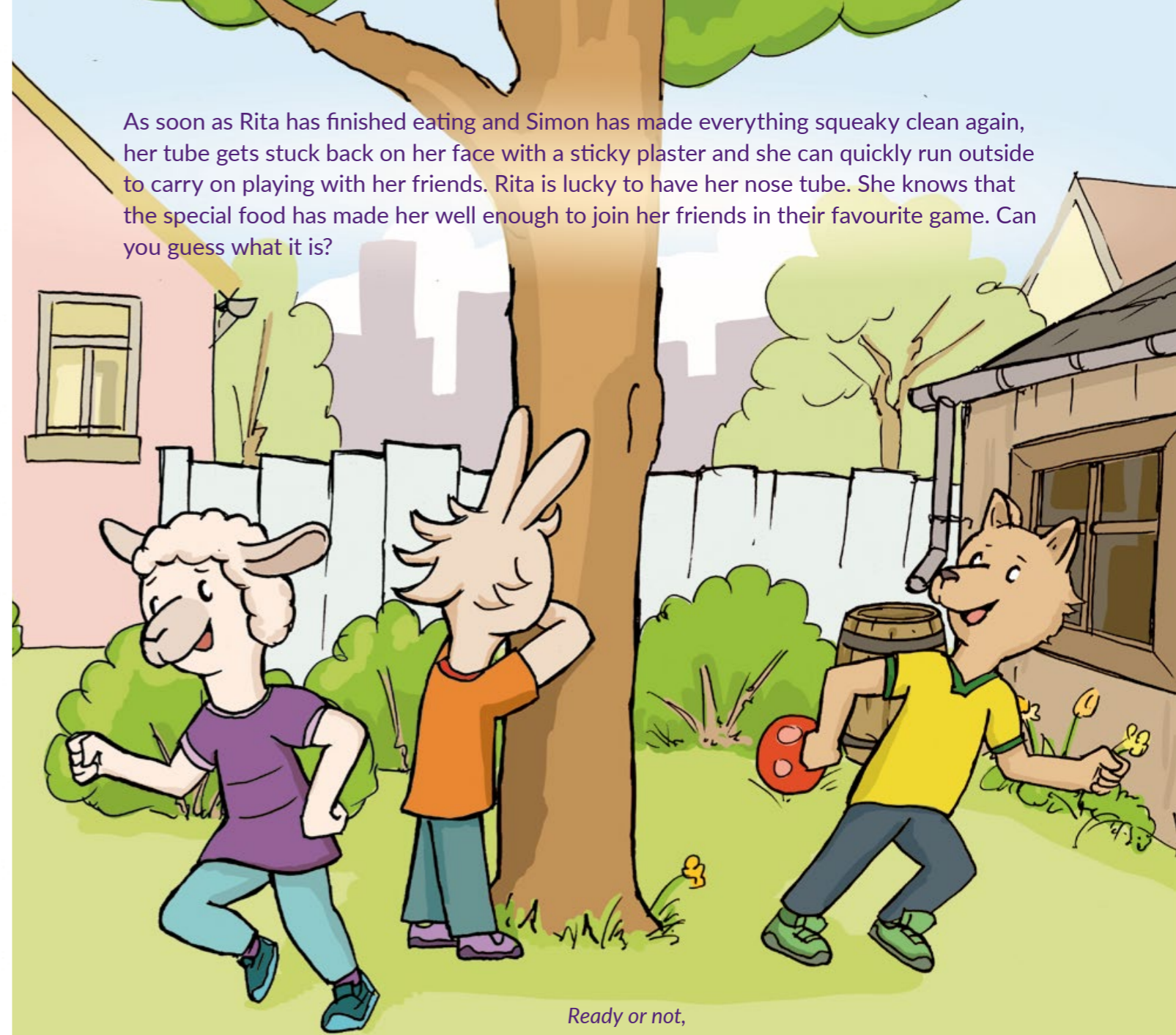
You have already met Simon the Syringe. He is one of the two friends that push Rita's food down into her tummy. But, Simon can do much, much more – he also loves cleaning! After Rita has eaten, he flushes her tube with a bit of water to make sure that it is squeaky clean. Simon is like Rita's personal tiny dishwasher – 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!*

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.

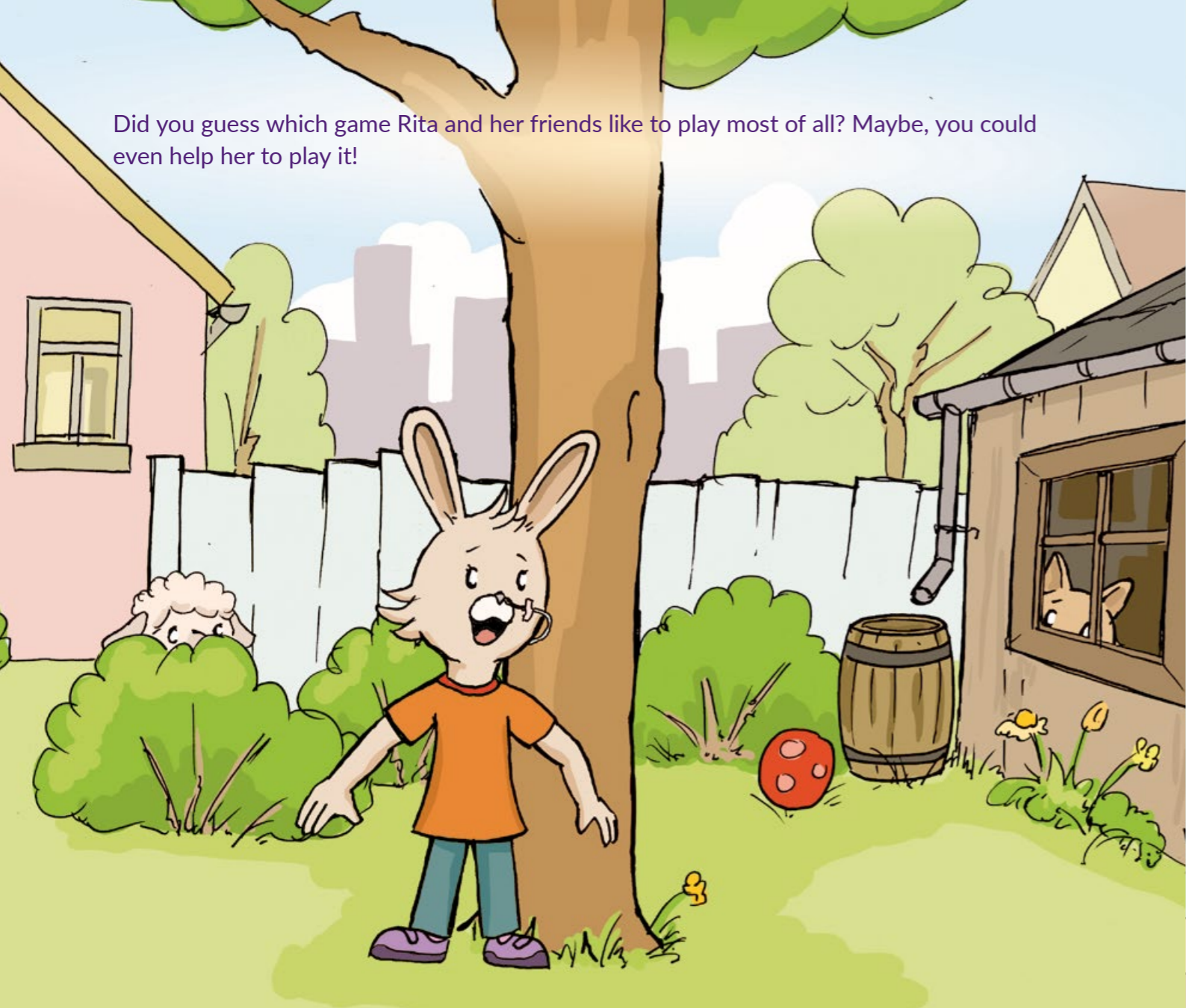


As soon as Rita has finished eating and Simon has made everything squeaky clean again, her tube gets stuck back on her face with a sticky plaster and she can quickly run outside to carry on playing with her friends. Rita is lucky to have her nose tube. She knows that the special food has made her well 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 nasal feeding tube. All of these things next to Rita were mentioned in the story. Do you remember where you can find them?





Visit www.tube-feeding.com for
more information and resources.

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

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