

Feed Introduction to Achieve Tolerance

Starter Regimen

It is recommended that EEN is introduced over 3-5 days. Additional fluids may be given to help meet the patient's fluid requirements in the early stages for all types of liquid diet.

This recommendation is a guideline only as some patients reduce their oral intake during an acute flare-up. Therefore, these patients may be at an increased risk of developing re-feeding syndrome or may experience increased stool frequency due to the osmotic load introduced into the gut. If the patient feels hungry, the volume can be increased at a faster rate according to the patient's tolerance.

Powdered ELEMENTAL 028 EXTRA

Guide for introducing powdered ELEMENTAL 028 EXTRA

The concentration and osmolarity of the diet should be increased as tolerated rather than by following a very strict regimen

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| Day 1 | Concentration 1 in 7.5 | 100g powder made up to 750ml with water Aim for approx. 750-1000ml over 24 hours |
| Day 2 | Concentration 1 in 5 | 100g powder made up to 500ml with water Aim for approx. 1000-1500ml over 24 hours |
| Day 3 | Concentration 1 in 5 | Aim for 1500-2000ml over 24 hours |
| Day 4 | Concentration 1 in 5 | Aim for the final volume to provide total nutritional requirements – approx. 2500ml over 24 hours for an adult |

Ready to Feed ELEMENTAL 028 EXTRA Liquid

The starter regimen is only based on volume as concentration is pre-determined

1. A gradual introduction of the feed is advised but should be determined by patient tolerance.
2. Some patients may only tolerate 2-3 cartons on the first day, sipped gradually throughout the day.
3. Aim to achieve the full requirements by day 4-5.
4. Once the feed is tolerated the cartons can be taken to suit the patients – perhaps 1-2 cartons every 2 hours.