Exclusive Enteral Nutrition (EEN) for Crohn’s disease

Why has nutrition therapy been suggested?
Nutrition therapy has been recommended to you as a way of getting your Crohn’s disease under control, to improve your growth and to help you feel like you have more energy.

Many children and teenagers have used this therapy with great success. It works to reverse the inflammatory changes in the lining of your bowel and results in improvement in your symptoms such as abdominal pain and diarrhoea.

Nutrition therapy for Crohn’s disease is often referred to as “Exclusive Enteral Nutrition” or “EEN”.

What does nutrition therapy involve?
Nutrition therapy involves drinking a specialised formula (drink) instead of eating food for 6-8 weeks (your doctor will tell you exactly how long to do this for).

The name of your formula is _________________________.

The formula contains all of the energy, protein, vitamins and minerals that your body would usually get from food.

How much will I need to drink?
Ideally you should aim to drink __________mls per day to meet your body’s requirements.
Depending on your weight gain and progress this volume may need to be increased or decreased. If this volume does not satisfy your appetite, you can drink more.

Should I drink this amount on the first day?
No. If you are very hungry and can drink the full amount you can however most people find it easier to build up slowly over a few days.

Your dietitian will work with you to decide how much to drink on the first few days. By the 3rd-4th day you should be able to drink the full amount.
What else can I eat and drink?

It is important that you limit your eating and drinking while on EEN (Exclusive Enteral Nutrition) to allow your bowel to heal. Foods and drinks that are mainly glucose are easy to absorb and small amounts won’t interfere with the healing process.

Don’t eat any other foods or drinks that are not on this list. Even a small amount of normal food (other than foods listed) can make nutrition therapy less effective.

<table>
<thead>
<tr>
<th>Choose small amounts of:</th>
<th>Avoid:</th>
</tr>
</thead>
<tbody>
<tr>
<td>NesQuik added to your formula</td>
<td>Any other flavouring and powdered drinks</td>
</tr>
<tr>
<td>Water / mineral water / soda water</td>
<td>Flavoured water / flavoured mineral water / flavoured soda water</td>
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<tr>
<td>Cordial without fruit juice and not artificially sweetened</td>
<td>Any cordial containing fruit juice or artificial sweeteners.</td>
</tr>
<tr>
<td><strong>Examples</strong>: Cottee’s Raspberry cordial and Cottee’s Coola cordial</td>
<td></td>
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<tr>
<td>Small amounts of regular soft drink (no diet or cola)</td>
<td>Diet/low sugar soft drinks</td>
</tr>
<tr>
<td><strong>Examples</strong>: lemonade or lemon squash</td>
<td>Cola soft drinks, Fanta (contains fruit juice), Energy drinks containing caffeine</td>
</tr>
<tr>
<td>Plain lollies</td>
<td>Starburst lollies, The Natural Confectionary Company lollies, licorice, nougat, toffee, marshmallow, honeycomb, Minties, Chicos, Kool Mints, Kool Fruits, Sherbies, Milk Chews, Chupa Chups, chocolate.</td>
</tr>
<tr>
<td><strong>Examples</strong>: snakes, red/green frogs, jelly beans, jelly babies, raspberries, barley sugar</td>
<td></td>
</tr>
<tr>
<td>Chewing gum that is not artificially sweetened</td>
<td>Artificially sweetened chewing gum (e.g. Extra)</td>
</tr>
<tr>
<td><strong>Examples</strong>: Juicy Fruit, PK</td>
<td></td>
</tr>
<tr>
<td>Jelly that is not artificially sweetened and does not contain fruit juice</td>
<td>Jelly containing fruit juice</td>
</tr>
<tr>
<td><strong>Examples</strong>: Aeroplane jelly</td>
<td>Artificially sweetened jelly</td>
</tr>
</tbody>
</table>

Food labels:

For the foods “allowed” make sure they don’t contain:

> **Fruit juice**: look for the words fruit juice concentrate, fruit juice, lime juice, lemon juice etc.
> **Artificial sweeteners**: look for the words diet, light, low sugar, low joule, no added sugar.
> **Caffeine**: look for the words caffeine, coffee, cola, cocoa, chocolate

Don’t rely too much on these foods and drinks. Try to drink all of your formula each day – this will give you the right amount of nutrition to keep you healthy and help heal your bowel.
What will I do at mealtimes?

Family mealtimes can be hard when everyone is eating except you. Families need to be very supportive around this time. Some children and teenagers are happy to sit at the table and drink while their family eats while others choose to be in a separate food while their family eats. It gets easier after the first few weeks.

Can I still do normal things like go to school, play sport and go to friends’ houses?

Yes! If you are feeling well you can continue with your normal daily routine, including school, sports and socialising with friends.

Parents should let your teacher or year coordinator know that your nutrition therapy is as important as taking medicine. Some people take sips during class, while others manage better having it at recess and lunch only. You should have access to a fridge to store your formula and keep it cold.

Will there be any side effects?

We expect that the formula will settle down your bowel, improve your symptoms, increase your energy levels and lead to you regaining weight. While having the formula you may find that your bowel actions are softer or more liquid than usual – this is mainly because you are having a completely liquid diet.

It is important to brush your teeth and tongue at least twice per day as the drink can put a white coating on your tongue and leave an unpleasant after taste. Rinse your mouth out after each drink and chew gum (from allowed list) every now and then to avoid this.

What happens at the end of the 6-8 weeks?

After 6-8 weeks on this diet you can slowly introduce normal food into your diet. It is recommend that foods are reintroduced gradually one meal at a time because your body has been used to having a liquid diet and needs to re-adjust to having solid foods.

Generally the first foods eaten should be plain or bland such as grilled or roasted meats with low fibre carbohydrates such as peeled potato, rice, pasta or white bread. Gradually more rich, fatty and spicy foods are introduced until you are back eating your normal diet.

Your dietitian will give you an information sheet on how to reintroduce foods into your diet after nutrition therapy
Tips for drinking your formula

- Sipping your formula slowly can help you tolerate it better. It would usually take 15-20 minutes to eat a meal of food so there is no ‘race’ to finish your formula quickly.

- Keep the formula cold. Adding ice can keep your drink chilled and you can also make ice cubes out of the formula. Freezing the night before can help with keeping cold when you are out of the house.

- Most people prefer to drink through a straw or from a sports drink or pop-top bottle. It can be useful to purchase a few drink bottles that are not see-through so that it looks like you are drinking water.

- Try making the formula into a slushie (by blending frozen ice cubes of it) or make into iceblocks.

My drinking plan

Formula:

Aim for: ________ mls per day

For example: ________ mls at meals (breakfast / lunch / dinner).

_______ mls at snacks (recess / afternoon tea / supper)

Recipes:

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Your dietitian's name is:

Phone number:

Email:

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