



## Patient Information Sheet Exclusive Enteral Nutrition for Crohn's Disease

This information is intended as a guide only, and is to be used together with your Inflammatory Bowel Disease (IBD) team (Gastroenterologist, Dietitian, IBD nurse).

### What is Exclusive Enteral Nutrition (EEN)?

EEN is a treatment option for patients with Crohn's Disease. It involves replacing all food with specialised nutrition drinks. These drinks provide all the energy, protein, vitamins and minerals you need and are available in a number of different flavours. You will usually be asked to follow this program for 6-8 weeks. No other food or fluid is allowed during this time except for water.

### Why do we use EEN?

EEN is used to treat active Crohn's Disease. EEN aims to get your Disease into remission or to reduce the inflammation in your gut before surgery. EEN is safe and for some people it may be a good alternative to medications such as steroids.

### How does EEN work?

EEN may work by changing the mix of bacteria that live in the gut, by directly reducing inflammation, by removing specific components of food and/or by giving the gut a chance to heal while providing balanced nutrition. The exact reason why EEN reduces inflammation in the gut is still unclear and is still being researched.

### Your EEN plan is:

**Formula/s:** \_\_\_\_\_

**Number of bottles / cartons / scoops per day:** \_\_\_\_\_

**Other fluids allowed:** \_\_\_\_\_

**Start date:** \_\_\_\_\_

**End date:** \_\_\_\_\_

## Food reintroduction after Exclusive Enteral Nutrition

### How should I reintroduce food?

Your Dietitian/Doctor will tell you when you are ready to start food again. It is recommended that you start with one meal at a time. Gradually increase the amount of meals you have over 5 days. Your Dietitian will advise you when and how to decrease the number of nutrition drinks you are having, as you increase the amount of food you are eating. If you are having difficulties getting enough nutrition from your food, you may need to keep having some nutrition drinks to supplement your food intake.

### Example of Food Reintroduction after EEN:

<b>DAY 1</b>	<b>Introduce 1 meal (e.g Breakfast)</b> <b>Continue _____ nutrition drinks per day</b>
<b>DAY 2</b>	<b>Increase to 2 meals per day (e.g Breakfast and Dinner)</b> <b>Continue _____ nutrition drinks per day</b>
<b>DAY 3</b>	<b>Increase to 3 meals per day (Breakfast, Lunch and Dinner)</b> <b>Continue _____ nutrition drinks per day</b>
<b>DAY 4</b>	<b>Include snacks in between meals</b>
<b>DAY 5</b>	<b>If tolerating meals and snacks well, you may be able to cease the nutrition drinks*</b>

\*Your Dietitian will let you know if you should continue these drinks alongside your usual diet

### What foods should I start with?

There are usually no restrictions on what foods you can introduce. If you have stricturing Crohn's disease (narrowing in your bowel) there may be some foods you may need to temporarily avoid. Your dietitian can guide you on this. If you are having trouble reintroducing food or experiencing symptoms that may be related to food e.g. cramping, bloating, nausea, please discuss this with your Dietitian. You may find it useful to keep a record of the food you eat and any symptoms you have if you are having any difficulties with restarting food after EEN.

### Frequently Asked Questions (FAQs)

\*This information is intended as a guide only. Please discuss any questions you have with your IBD team.

#### Is EEN right for me?

You can discuss with your IBD team whether EEN is a good treatment option for your Crohn's Disease. It is important that whilst following EEN you don't consume any foods or fluids other than what your doctor/dietitian have advised so it is important that you think about whether this is practical for you.

#### What if I can't tolerate EEN?

If you experience any symptoms such as nausea, diarrhoea, vomiting or you can't drink the number of nutrition drinks prescribed, it is important that you discuss this with your IBD team. If you aren't able to continue EEN you will likely need to start another therapy.

#### What if I need to attend a social event?

It is important that you follow the EEN plan that your Dietitian/Doctor prescribes you. If you have important social events during the time you are on EEN (ie. Weddings, birthdays) discuss this with your IBD team.

#### What if I'm not in remission?

Generally, you will start to improve on EEN within the first 2 weeks. Your IBD team will monitor your progress during this time. If you do not respond to EEN you may need to start another therapy.

### Will there be any side effects?

There aren't usually any side effects with EEN. Sometimes it can take a few days to get used to replacing your food with liquid. If you experience any vomiting, abdominal pain or aren't able to consume the number of drinks prescribed please discuss this with your IBD team.

### What are examples of meals I can start to include after EEN?

**Breakfast:** Small bowl of cereal OR eggs with toast OR sachet of instant porridge oats with honey and ripe banana OR Greek yoghurt and fruit

**Dinner:** Small portion of lean meat, chicken or fish with freshly cooked potatoes/sweet potatoes/rice or pasta and vegetables

**Lunch:** Soup with a bread roll and fruit OR sandwich/wrap with lean meat/chicken/tinned fish/cheese followed by yoghurt/fruit

**Snacks:** Yoghurt, cheese/cream cheese/peanut butter on crackers, 1-2 slices of fruit toast, ripe fruit



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