

Exclusive Enteral Nutrition (EEN) for management of Crohn's disease

This resource is for patients who are starting on exclusive enteral nutrition (EEN) as recommended by a gastroenterologist for management of Crohn's disease.

What is EEN?

EEN involves replacing all food and drinks with specialised liquid nutrition formula and water. The specialised formulas will meet all your nutritional needs, including calories, protein, vitamins, and minerals.

EEN works best when you only consume the recommended specialised nutrition formulas and water. It is important that you avoid other food and fluids whilst you are on EEN including tea, coffee, chewing gum, mints, and lollies.

How long will I need to be on EEN?

Your gastroenterologist will tell you how long to stay on EEN for, but for most patients between 4 and 12 weeks is recommended. Your gastroenterologist and dietitian will discuss this with you in more detail.

What are the benefits of EEN?

EEN helps to:

- reduce inflammation in the bowel
- rest and heal the bowel
- reduce and manage symptoms such as pain, diarrhoea, or blockages in the bowel
- prevent or correct weight lost without trying
- remove foods and drinks that might cause irritation in the bowel
- restore nutrients in the body
- boost nutrition before surgery
- improve quality of life

How do you take EEN?

EEN is usually taken orally. In some cases, it may be given by a nasogastric tube (a small flexible tube passed through the nose and into the stomach). EEN can be stored safely at room temperature when unopened. Check the packaging for how long formula is safe to use once opened.

How to make the most of EEN

It can take a week or two to get used to replacing food with the specialised liquid nutrition formula. You may also need to make some changes to your usual routine.

Below are some tips that will help you make the most of your EEN.

- Spread drinks throughout the day to prevent hunger.
- Enjoy drinks cold from the fridge and sip slowly over 15 or more minutes.
- Have drinks frozen or as mousse if you miss chewing or other textures.
- Blend drinks with ice cubes to make a frappe style drink.
- Warm the drinks in a cup and enjoy as a hot beverage.
- Alternate your drink flavours to increase variety.
- Engage family and friends to provide you with support whilst you are on EEN.
- Talk to your IBD team (gastroenterologist, dietitian, IBD nurse) if you have any questions or concerns whilst you are on EEN.

Cost of EEN

Your dietitian will discuss the cost of EEN and how you place orders for the recommended nutrition formulas.

Your EEN recommendations:

Formula name/s: _____

Amount per day: _____

Additional water: _____

Time to follow EEN: _____

Start date: _____ Estimated end date: _____

Re-introducing food after EEN

Your dietitian will guide you when you are ready to start having food again. Food can be reintroduced while reducing formula over several days in line with the table below or as per your dietitian. You can choose the meal timing and type of meal. Discuss with your dietitian if you have any questions or concerns.

A guide to re-introducing food after EEN

	<i>Recommended number of meals</i>	<i>Recommended number of nutrition drinks per day</i>
DAY 1	One meal	$\frac{3}{4}$ of EEN prescription:
DAY 2	Two meals	$\frac{1}{2}$ of EEN prescription:
DAY 3	Three meals	$\frac{1}{4}$ of EEN prescription:
DAY 4	Three meals + snacks	$\frac{1}{4}$ of EEN prescription:
DAY 5	Full diet	Cease EEN if tolerating diet

Summary

- Exclusive Enteral Nutrition (EEN) is a safe and effective treatment option to manage active Crohn's disease.
- EEN works best when you only consume the recommended specialised liquid nutrition formulas and water.
- Talk to your IBD team and engage family and friends for support whilst you are on EEN and when you start having food again.

For further information, contact your dietitian: _____