



# Exclusive Enteral Nutrition (EEN) therapy in IBD

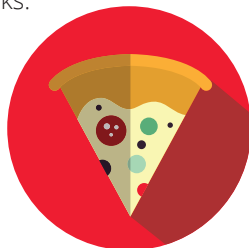
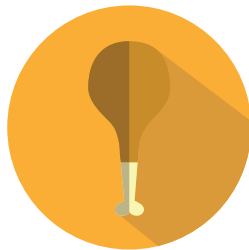
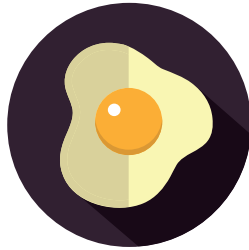
Enteral nutrition therapy is a formula-based for the treatment used in Crohn's disease (CD). Formulas can be given by mouth/orally or nasogastric tube (NGtube). Both will provide the necessary carbohydrates, fats, protein, vitamins and minerals you need to grow.

To determine which method of nutrition treatment is best for you, your gastroenterologist will consider:

- the type of formula you will need and its taste,
- the volume of formula you will need daily
- the length of time you need to be on this treatment.

If Exclusive Enteral Nutrition (EEN) therapy is advised by your Gastroenterologist, it will be your only source of nutrition for many weeks. There is no food allowed except clear fluids. You can eat certain clear solids but in small amounts, your gastroenterologist advise what is acceptable and what clear solids should be avoided. Since your diet will be an all-liquid diet, it is likely that you will have "loose stool" 3-4 times daily. This is not diarrhea.

The goal of EEN is to help your body get into remission by reducing inflammation and ultimately heal the gut. So far, research is showing EEN therapy to be as effective as steroids!



The benefits of EEN therapy are:

- Possible mucosal (tissue lining of the gastrointestinal tract) healing
- Improved nutritional status
- Decreased inflammatory markers
- Bone protection
- Improved growth velocity (growth rate over a period of time)
- Reduced gastrointestinal (GI) symptoms during flare i.e. abdominal pain

When EEN therapy is finished, it's best to slowly reintroduce foods back into your diet, as this helps the GI tract adjust to having solids again. Your dietitian will help guide you through this transition period. Once EEN treatment is finished, your health care team may recommend Maintenance Enteral Therapy (MET). MET provides part of your daily nutritional needs through formula and the rest from food, this can help maintain remission and prevent a flare. This should be discussed with your Gastroenterologist.

Tips for Successful EEN Treatment:

- Pack drinks, soup broth and clear snacks to take to school for your nutrition breaks.
- There are certain clear candies you can eat while on treatment, but in moderation. Read the ingredients: candies containing real fruit pieces or fruit purees are not allowed.
- Switch up your Jello flavours!
- Make slushies.
- Make homemade broths- they are lower in sodium and have no preservatives.
- Add any meat, fish and/or vegetables to your soup broths for flavour, as well as any spice or herb for taste. Use a strainer and remove foods and spices so the broth is clear. No cream, pureed vegetable/fruit/ meat or oil

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