

# Crohn's disease and a Liquid Diet

## Introduction

Inflammatory Bowel diseases such as Ulcerative Colitis and Crohn's disease can cause the following symptoms when you are having a flare up:

- Abdominal pain
- Low energy levels
- Diarrhoea
- Weight loss
- Nausea
- Low appetite

These symptoms may result in your body not being able to absorb all the nutrients it needs.

To help ease the symptoms you will be given some medications and may be advised to go on a liquid diet. This is more common in patients with Crohn's disease, but it can also be used to provide bowel rest if you have Ulcerative Colitis.

## What will this involve?

This diet consists solely of a number of drinks which are specially designed to allow your body to absorb the nutrients it needs whilst allowing your gut to rest and recover. The drinks can be taken orally, but if you are really struggling to consume the drinks then feeding via a tube can be considered.

It is important to take only the liquid diet prescribed and to stop other foods and drinks. If you are able to do this, research and experience has shown that your symptoms will settle.

## What does it consist of?

The drink is called Modulen IBD. It comes in a powdered form in a 400g tin with an 8.3g scoop (each tin contains 48 scoops), which is added to water. Your dietitian will work out the volume that you will need to consume each day. To flavour the water, additional flavourings such as Nesquik, Crusha, natural vanilla extract or decaffeinated coffee can be used. The mixture can also be made into ice-lollies.

To make the mixture, ensure all the equipment to be used is clean. First, measure the correct volume of cooled, boiled water required, then mix in some of the flavouring of your choice if required. Using the scoop provided, measure the powder and mix into the water. An electric whisk works best to do this.

Here is an example of some measurements and the amount of Modulen IBD which would be added:

Volume of water	Modulen IBD	Total Volume of feed
210 ml	6 scoops (50g)	250 ml
420 ml	12 scoops (100g)	500 ml
840 ml	24 scoops (200g)	1000 ml
1680 ml	1 can (400g)	2000 ml

## Will I be able to eat normally when on the diet?

Unfortunately, to allow your gut to rest as much as possible, you are not allowed to eat when on the diet. The Modulen drinks will provide all the nutrients your body needs. You may also have water and clear squashes, Bovril, black tea and coffee, jelly, ice lollies (not ice-cream) and boiled sweets. There is no limit on the amount of these you can have.

## How long will I have to follow the diet for?

This will depend on your medical treatment, how quickly you enter remission and the medical team. On average patients follow the diet for approximately 4-6 weeks.

## Do I have to stay in hospital throughout the treatment?

Again this will depend on your medical treatment. However, you are able to continue with the diet at home. Discharge can occur once your dietitian and medical team are happy that you are tolerating the Modulen drinks and meeting your nutritional and fluid requirements.

When at home, your dietitian will continue to have regular contact with you to ensure that no problems arise.

If you and your medical team have decided to administer the diet via a nasogastric tube you may be able to go home once you have been taught to check the tube is in the correct position, (to ensure safety of feeding) and you are confident and competent to do this.

## How do I know when I can stop the diet and eat normally again?

This will depend on how quickly you enter remission and will be assessed by the medical team. Once the medical team are happy that you can start eating and drinking normally again, your dietitian will discuss with you how to go about this.

## What problems may occur?

Palatability	Some patients find at first the diet is unpalatable, however over a few days they get used to it. To improve the palatability the drinks are best consumed straight from the fridge and through a straw.
Body weight	During the first week you may notice that you lose some weight, however once you are meeting your nutritional requirements a weight increase may be seen.
Abnormal stools	It is normal for your stools to be liquid green whilst on the diet. The frequency will vary from person to person.
Tiredness	At first you may feel very low in energy as a result of the reduced oral intake before and at the beginning of the diet. It may be beneficial to reduce your daily activities at first, however once you are meeting your nutritional requirements you should be able to continue your normal routine.
Hunger	Initially you may feel hungry due to the small volume of the diet consumed. As it is increased and you are meeting your nutritional requirements the feeling of hunger should subside.

**The main problem is keeping to your diet as it is very strict. For it to work effectively it needs to be adhered to 100%.**

# Your Prescription

Day	Amount of Modulen IBD	Volume of water mls	Total volume of feed mls	If making Modulen up per drink
1				
2				
3				
4				
5				

You will be started on a 1 calorie/ml feed. If you find the volume of this too much, you are able to increase the concentration of the feed to reduce the volume. The following are examples of how this can be done:

1.25kcal/ml

Modulen IBD	Volume of water mls	Kcal	Total volume of feed mls
7 ½ scoops (62g)	200 mls	313 Kcals	250 mls
15 scoops (124g)	400 mls	625 Kcals	500 mls
30 scoops (249g)	800 mls	1250 Kcals	1000 mls
60 scoops (500g)	1600 mls	2500 Kcals	2000 mls

1.5kcal/ml

Modulen IBD	Volume of water mls	Kcal	Total volume of feed mls
9 scoops (75g)	190 mls	375 Kcal	250 mls
18 scoops (150g)	380 mls	700 Kcal	500 mls
36 scoops (300g)	760 mls	1500 Kcal	1000 mls
72 scoops (600g)	1520 mls	3000 Kcal	2000 mls

1.75kcal/ml

Modulen IBD	Volume of water mls	Kcal	Total volume of feed mls
10 1/2 scoops (87g)	210 mls	438 Kcal	250 mls
21 scoops (174g)	420 mls	870 Kcal	500 mls
42 scoops (349g)	850 mls	1745 Kcal	1000 mls
84 scoops (697g)	1740 mls	3485 Kcal	2000 mls

## Contact details

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