

# Exclusive Enteral Nutrition (EEN)

**This leaflet provides information about Exclusive Enteral Nutrition. If you have any further questions or concerns, please speak to your Dietitian or IBD Team.**

## **What is EEN and why has it been recommended to me?**

EEN or Exclusive Enteral Nutrition consists of specially prescribed nutritional drinks that meet all your nutritional needs and which will provide you with all the calories, protein, vitamins and minerals you need. The diet is designed to be taken without any other food and to be your sole source of nutrition.

## **What am I allowed to have on EEN?**

When following EEN you will be allowed to have the prescribed nutritional supplement drinks. These may be ready made in a bottle or a powder that you mix. Your Dietitian will advise you on how many drinks you need to have each day.

You will also be allowed to have the following additional fluids:

- Water (tap, unflavoured bottled or sparkling)
- Decaffeinated black tea or coffee
- Weak squash
- Clear fruit juice
- Electrolyte hydration drinks
- Boiled sweets or lollies
- Ice lollies
- Lactose free hot chocolate
- Bone broth / broth soups
- A stock cube or Bovril made up with hot water.

It is important to exclude all other food and drinks to allow your gut to rest as much as possible.

### **What are the benefits of EEN?**

EEN has been found to be an effective treatment for many people with Crohn's Disease during a 'flare up' by helping to improve symptoms and induce 'remission'. Evidence suggests that if EEN is followed strictly it can offer similar remission rates as corticosteroid and has fewer associated side effects.

### **EEN can:**

- Help to reduce inflammation in the gastrointestinal tract
- Provide a rest for your gut from any potential food irritants
- Improve your nutritional status
- Improve your symptoms and make you feel better
- Be used on its own or with other medications
- Can help to reduce post-operative complications.

### **How long will I need to be on EEN?**

The diet is normally followed for 6-8 weeks however you may be recommended to follow the diet for a shorter or longer time depending on your response. Your Dietitian and Doctor / Consultant will be able to advise you on the duration.

### **Tips on making it easier**

- Serve your drinks cold or chilled
- Try a variety of flavours to avoid taste fatigue
- Try to space your drinks out throughout the day or, if struggling with hunger, have two at once
- Sip on the drinks slowly
- Freeze your drinks to make ice lollies.
- Pour into a glass, add ice cubes for variety

- Milk-based supplements can be gently heated in the microwave for around 20 seconds. Ensure to heat gently to maintain the quality of the supplement.

If you are struggling to take your target number of drinks, then get in touch with your Dietitian.

### **What happens when I finish EEN?**

Your Dietitian will be able to guide you on reintroducing diet after you have completed a course of EEN. Food will be reintroduced in a controlled fashion and will be guided by your Dietitian (If you are following EEN pre-operatively then you will be advised about returning to diet by the surgical team and Dietitians during your hospital stay). You may be advised to continue some of the oral nutritional supplement drinks after you have completed your course of EEN, however this will be discussed with you by your Dietitian.

### **My target for EEN**

Number of drinks/bottles per day: \_\_\_\_\_

Additional fluid per day: \_\_\_\_\_

Provides: \_\_\_\_\_ kcal \_\_\_\_\_ g Protein \_\_\_\_\_ ml Fluid

### **Useful sources of information**

Crohn's and Colitis UK [www.crohnsandcolitis.org.uk](http://www.crohnsandcolitis.org.uk)

### **Contact us**

If you have any questions or concerns about the information provided in this leaflet, please contact the Dietetic Department on 020 8725 0485 (Monday to Friday, 8:30am to 4:30pm).

**For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.stgeorges.nhs.uk](http://www.stgeorges.nhs.uk)**

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## **Additional services**

### **Patient Advice and Liaison Service (PALS)**

PALS can offer you advice and information when you have comments or concerns about our services or care. You can contact the PALS team on the advisory telephone line Monday, Tuesday, Thursday and Friday from 2pm to 5pm.

A Walk-in service is available:

Monday, Tuesday and Thursday between 10am and 4pm

Friday between 10am and 2pm.

The Walk-in and Advisory telephone services are closed on Wednesdays. Please contact PALS in advance to check if there are any changes to opening times.

PALS is based within the hospital in the ground floor main corridor between Grosvenor and Lanesborough wings.

**Tel:** 020 8725 2453 **Email:** [pals@stgeorges.nhs.uk](mailto:pals@stgeorges.nhs.uk)

### **NHS UK**

The NHS provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

**Web:** [www.nhs.uk](http://www.nhs.uk)

### **NHS 111**

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones. **Tel:** 111

## AccessAble

You can download accessibility guides for all our services by searching 'St George's Hospital' on the AccessAble website ([www.accessable.co.uk](http://www.accessable.co.uk)). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.



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