



Community

Nutrition & Dietetics

# Liquid diet

## Introduction

Medical treatment is usually used for treating active Crohn's disease, however, a liquid diet can be an alternative primary treatment to try to induce clinical remission, if for example, medical therapies can not be used.

Sometimes a liquid diet is used alongside medical treatments. Different types of liquid diet formulas can be used and given either as a drink or via a special feeding tube. Evidence has shown the maximum beneficial effect of a liquid diet can take 10 days to six weeks to occur. Therefore you will have to follow an exclusively liquid diet for at least 10 days. After six weeks, if no improvement has been seen, this maybe because a liquid diet is not helping with symptoms.

The decision for you to have a liquid diet will usually involve the gastroenterology doctors who will ask a dietitian to help you to implement the diet changes necessary. The dietitian will discuss with you what formula you can have during the time you are on a liquid diet.

Your prescription for special liquid formula will depend on your nutritional requirements which your dietitian will calculate with you.

Your dietitian will ask you to increase the volume of the liquid formula you have each day gradually at first to minimize / avoid side effects. You may take water or weak black tea or coffee as well as the special formula your dietitian will prescribe for you but no other foods or drinks during the period you are on a liquid diet.

## Your liquid diet regime

Target:

# Gradual introduction programme

Day 1:

# Notes

## Concerns and complaints

We aim to provide you with a high quality service at all times. However, if you have any concerns, complaints or comments about your experience of our service then please tell a member of the team or contact the PALS and Complaints Team on freephone 0800 328 7971.

If you need the information in another language or format please ask us

Nëse ky informacion ju nevojitet në një gjuhë apo format tjetër, ju lutem na kontaktoni

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