



WoSPGHaN



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Information for patients

MODULEN IBD in Crohn's Disease

What is Crohn's Disease?

Crohn's disease is a condition that can cause inflammation in any part of the gastrointestinal tract. It may flare up at any time causing tummy ache, diarrhoea, tiredness, weight loss and poor appetite.

How is Crohn's Disease treated?

The most common treatment we use is a special polymeric diet called Modulen IBD. It is a pleasant tasting drink specially formulated for the treatment of Crohn's disease.

Other medical treatments may include drugs to help reduce the inflammation in the gut, and these will be discussed by your doctor.

What is Modulen IBD?

Modulen IBD is a powdered feed that you make into a drink. It will supply all the nutrients that you need.

Your Dietitian will calculate how much of the powder to make up to give you enough nutrients to put on weight and grow. It is taken for a minimum of weeks to help your bowel rest. Very occasionally, you may have to continue with the drinks for longer if your symptoms have not improved.

Crusha syrup may be added to flavour Modulen IBD. It comes in a variety of flavours and is available in all leading supermarkets. You can add a small amount to make the Modulen taste better

Most foods and drinks will not allow your bowel to rest and settle your symptoms. **Therefore, in addition to Modulen IBD, you may ONLY have:**

- **7UP, black tea, black coffee, sugar free chewing gum and Foxes glacier mints**
- and**
- **plain fizzy water and tap water**

Where do I get Modulen IBD from?

Your Dietitian will give you 7 days supply of Modulen IBD and a letter to take to your GP who will prescribe it for as long as required.

How do I make up Modulen IBD?

- Wash your hands thoroughly
- Ensure all equipment to be used is clean
- Using the scoop from the tin, measure level scoops as detailed in the table below, into a large bowl or jug
- Add cooled, boiled water to make up the volumes
- detailed in the table below

Day 1	23 scoops Modulen IBD made up to 900mls with water. Given as 6 drinks of 150mls at: Breakfast; mid morning; lunch; mid afternoon; dinner and supper
Day 2	40 scoops Modulen IBD made up to 1500mls with water. Given as 6 drinks of 250mls at: Breakfast; mid morning; lunch; mid afternoon; dinner and supper
Day 3	1 tin of Modulen IBD made up to 2000mls with water. Given as 6 drinks of 330mls at: Breakfast; mid morning; lunch; mid afternoon; dinner and supper
Day 4	
Day 5	

Additional information

- Once prepared, refrigerate and discard if unused after 24 hours.
- The Modulen IBD is best served chilled;
- Using a straw may make it easier to take;
- If you need to drink your Modulen IBD at school, take it in a flask to keep it cool;
- You should not feel hungry once you are having the full volume of Modulen IBD prescribed. If you do, please let your Dietitian know;
- For a change, you can freeze Modulen IBD and 7UP and have it as an ice lolly.

Start Date:

Stop Date:

The dietitian and IBD nurse will phone you to give you support and will arrange a 4 week review to check your progress and weight.

What happens if I cannot drink my Modulen IBD?

If you cannot manage to drink the prescribed amount of Modulen IBD you must let your dietitian know as soon as possible.

After Modulen IBD what next?

Once your weeks of treatment have passed and the doctor has agreed that you can reintroduce food, we recommend that you do so slowly. We recommend introducing small meals and taking snacks between your meals. There is no special diet, but it is a good idea to avoid very spicy and fatty food or food high in fibre to begin with. You should be back on a normal diet within a week of stopping Modulen IBD. There is some evidence that continuing to take some Modulen IBD may

help to keep your disease under control and help you put on weight and grow.

We recommend that you continue to take the following

Supplements

Supplement: _____

Number of drinks per day: _____

Recipe: _____

Problems?

If you have any problems, please contact your Dietitian on the number below:

Dietitian: _____

Telephone: _____

This leaflet was developed by the WoSPGHaN MCN gastroenterology dietitians.



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