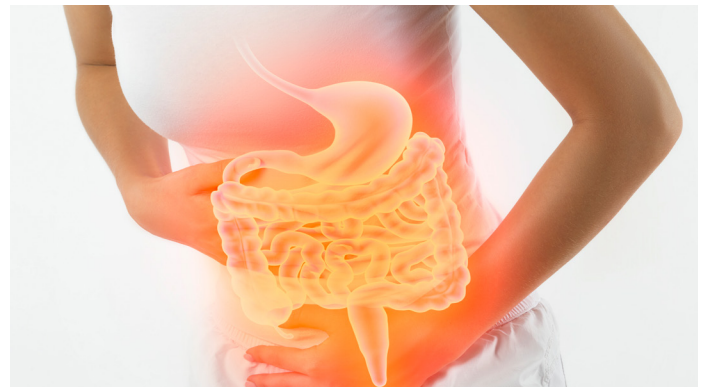


# Enteral Nutrition Indications in Patients with Gastrointestinal Diseases: ASPEN Recommendations

Enteral nutrition (EN) is a vital component of nutrition for patients with gastrointestinal (GI) diseases and allows for delivery of nutrients when oral intake alone is inadequate to meet nutrition needs. Based on the ASPEN evidence-based consensus recommendations<sup>1</sup>, this practice tool addresses key questions regarding the indications for and the initiation timing of EN for patients with GI disease.



## What are the indications for enteral feedings in patients with GI diseases?

EN Indication	Considerations
Gastrointestinal (GI) diseases (e.g., inflammatory bowel diseases, chronic liver disease, acute pancreatitis) when the patient is at risk or has emerging malnutrition due to inadequate oral intake.	<ul style="list-style-type: none"> <li>• Patients most likely to require EN will be those with underlying malnutrition at the time of diagnosis or who are developmentally undergoing periods of rapid growth (notably, infants and adolescents).</li> <li>• Refractory inflammation and severe malabsorption (notably, in patients with liver disease) will increase the likelihood of requiring EN.</li> </ul>
Crohn's disease (CD), as therapeutic option for the induction of remission	<ul style="list-style-type: none"> <li>• Exclusive EN (EEN) should be considered as a first-line therapy for the induction of remission in children with CD.</li> <li>• EEN may be an alternative to corticosteroid therapy for the induction of remission in adults with CD and a high likelihood of treatment adherence.</li> </ul>
Severe acute pancreatitis (SAP), in preference to PN	<ul style="list-style-type: none"> <li>• It is safe to commence EN within 48 h of admission in stable patients predicted to have SAP.</li> <li>• EN by the nasogastric route can be considered first line; the nasojejunal route is indicated when nasogastric feeding is not tolerated.</li> <li>• Polymeric formula is the first choice for EN in severe acute pancreatitis.</li> </ul>

### Reference:

1. Bechtold ML, Brown PM, Escuro A. et al. [When is enteral nutrition indicated?](#) *JPEN J Parenter Enteral Nutr.* 2022; 46:1470-1496.

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