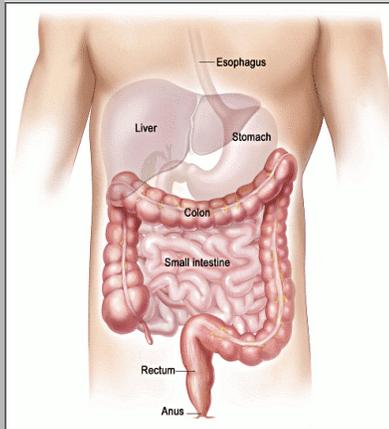


The Digestive Process

The bowel consists of the small and large intestines. The small intestine primarily absorbs nutrition from foods and the large intestine absorbs liquids.



The small intestine is divided into three sections and is approximately 15—20 feet long.

- **Duodenum (20—30 cm) 8—12 Inches**
Completion of most of the digestive process and secretion of hormones. Iron is absorbed here.
- **Jejunum (244 cm) - 8 Feet**
Primary site for absorption of carbohydrates, protein, fluid and water soluble vitamins.
- **Ileum (366 cm) - 12 Feet**
Marked effect on slowing transit. Absorbs bile salts, fat & fat soluble vitamins (A, D, E) and Vitamin B12.

When part of the small intestine is removed, the remaining small intestine can adapt over time without having a major impact on nutritional status. The adaptation time depends on how much small bowel is removed and the age of the patient.



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SBS Foundation

Educational Series

Nutrition Basics



Short
Bowel
Syndrome
Foundation

*Empowering patients to live fuller
lives, creating a lifeline of hope.*

Introduction

Short Bowel Syndrome is a condition defined by the inability to absorb adequate nutrients due to severe disease or the removal of a large part of the small intestine. The basic goals of medical treatment are to maintain fluid, electrolyte, and nutrient balances adequate to sustain the overall healthy function of the body systems.

SBS Nutritional Guidelines

Generally, patients with jejunostomies or ileostomies, with greater than 100 cm of jejunum left intact should consume a **higher fat diet** — 50 to 60 % of total caloric intake, or 1000—1200 calories in an average diet of 2000 daily calories.



Intravenous Nutrition and Enteral Nutrition Support

Total Parenteral Nutrition (TPN)

The word “parenteral” means, “*outside of the digestive system*”. Parenteral nutrition (PN) is liquid food usually delivered through a catheter directly into the bloodstream instead of through the stomach and small intestine. Some patients may only require intravenous (IV) fluids and electrolytes administered through a catheter. The catheter is a thin tube that is surgically inserted into the body, usually in a large vein in the chest or arm, for the purpose of delivering PN and fluids.



TPN Fluids



MIC-KEY G-Tube

Enteral Nutrition

Enteral nutrition support refers to the provision of calories, protein, electrolytes, vitamins, minerals, trace elements, and fluids via an intestinal route. Enteral nutrition is most commonly delivered into the stomach (gastric feeding). However, it may also be administered into more distal parts of the gastrointestinal tract.

Dietary Guidelines

1. Eat Small & Frequent Meals

Small meals will help control symptoms and result in better digestion and absorption

2. Limit fluid Intake During Meals

Limit fluid during a meal to 1/2 cup (4 ounces). Large volume of fluid can push food through the bowel at a faster rate, resulting in inadequate digestion and absorption of nutrients.

3. Include Beverages in Diet

Drink enough fluids to prevent dehydration. Drinking up to 8 cups of water a day will help you to meet this requirement. Other fluids low in sugar content such as coffee, tea, milk, or diluted juices are also acceptable.

