

11TH EUROPEAN NUTRITION AND DIETETICS CONFERENCE

June 29-July 01, 2017 Madrid, Spain

A clinical advantage of thicken enteral formulae with acidic pH: From the study on their effects on different pH in an intra-gastric dynamics

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Background: An enteral nutrition (EN) formula has been chosen in clinical practice which varies in the characteristics. Recently the application thicken EN formulae (TEF) with medium viscosity (1000-5000 mPa/s) has been proved to have clinical advantages. TEFs, differ In the followings: 1) rapid rate to administer (400-500 ml/15-30 min) 2) minimal devices necessary 3) pH in an acid of them benefits in clinical practice and medical economic advantages are expected, such as pressure ulcer prevention due to time sparing and keeping sterile using ready-to-hang fashion.

Aims: The aim of the study is to examine TEF effects on gastrointestinal tract dynamics, especially on gastric pH environment.

Method: Healthy subjects ingested two different TEFs with acidic or neutral pH-over 15 minutes were enrolled and their amounts of TEF in the stomach were measured using external ultrasonography (US) method by every 5 minutes between 5 and 120 minutes after ingestion.

Results: There is favoring trend in acidic TEF compared with neutral one in faster excretion from stomach with no side effects, such as diarrhea, abdominal distension and/or pain, or vomiting.

Conclusion: This study could be concluded that acidic TEF seems to have advantages in time-sparing and nutritional effects with no enteral adverse events.

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