

FORTISIP PLANTBASED IN A PATIENT WITH SEVERE GASTROPARESIS

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PATIENT BACKGROUND

Sarah is a **39-year-old female with a long history of multiple sclerosis, complicated by severe gastroparesis**. She has previously relied on tube feeding to help provide her with adequate nutrition and to manage her condition. Initially, she was given a peptide-based feed administered through a PEG tube, however, this caused severe nausea, making it difficult for her to maintain her bodyweight and negatively impacted her quality of life.

As a result, **a jejunal extension was added to Sarah's feeding tube**, allowing her feeds to bypass her stomach to prevent further nausea and improve her tolerance to tube feeding. Sarah has previously struggled to maintain her bodyweight of

57.2 kg. **Her primary goal is to maintain, and gradually gain weight, until she reaches 60 kg.** To assist with this, **adequate nutritional and caloric intake is a priority.**

Sarah recently expressed that **a plant-based diet is most aligned to her personal dietary preferences and values.** In discussion with her Dietitian, Sarah chose to transition to **Fortisip PlantBased formula**. This has allowed Sarah to meet her nutritional requirements while adhering to her personal values.

NUTRITIONAL ASSESSMENT

Given Sarah's previous intolerance to gastric feeding, the nausea and weight loss she experienced, and her preference for a plant-based diet and feeding regime, she was prescribed the administration of Fortisip PlantBased formula via a PEG tube with an added jejunal extension to meet her nutritional and personal requirements.

Nutritional requirements were estimated by the Dietitian as: **Protein 72g protein (1.2g/kg of target weight at least), 7.5MJ, and 1.5-1.9L per day**

Tube feeding will provide Sarah with 85% of her protein and calories needs and the deficit intake will be met with some high calorie, high protein oral food as her symptoms allow.

Sarah's Tube Feeding Regime | Feed Choice: Fortisip PlantBased | Administration Protocol:

Time	Feed volume
Daytime	200 ml administered via the gastric port of her PEG-J tube. <i>Allows for partial nutrition to be received in the stomach to help manage nausea while still providing some gastric feeding.</i>
Overnight	800 ml decanted and administered via the jejunal port of her PEG-J tube. <i>Allows for continuous nutrient intake overnight without sleep disturbance or gastric discomfort.</i> Total nutrition from PEG-J feeding: 6.3MJ, 60g protein and 1.2L fluid in total with formula and water

NUTRITIONAL INTERVENTION AND RATIONALE

Sarah's diagnosis of multiple sclerosis, alongside her severe gastroparesis, make tube feeding essential, as she cannot otherwise achieve adequate oral nutritional intake. The shift towards PEG-J (jejunal) feeding was implemented to assist her in meeting her caloric and protein needs, while preventing the gastrointestinal symptoms and weight loss she experienced with gastric feeding in the past.

Fortisip PlantBased was chosen to align with Sarah's

preference for a plant-based diet while still providing her with the protein, energy and nutrients she needs to manage her ongoing health conditions.

Sarah values sustainability, health and animal welfare, and she desires to adopt a whole food, plant-based diet, even when tube feeding. Fortisip PlantBased allows Sarah to consistently obtain the nutrition and protein she needs, while still adhering to her personal values and preferences.

RESULTS

Symptom Management: Sarah did not experience any feeding tube blockages or pump complications during her overnight feeds while taking Fortisip PlantBased. She has noticed significant improvements in her gastrointestinal symptoms, including more regular and formed bowel movements and decreased nausea – both of which contribute to **greater comfort and quality of life** for Sarah.

Weight Progression: After introducing Fortisip PlantBased

formula, Sarah has increased her bodyweight from 57.2 kg to 58.5 kg, despite previously finding weight maintenance challenging. She is steadily approaching her target weight of 60 kg, made more achievable by her **improved symptom control**.

Patient Feedback: Sarah appreciates that Fortisip PlantBased meets her nutritional requirements while also respecting her plant-based dietary preferences and values.

DISCUSSION

Sarah has noted significant improvements since introducing Fortisip PlantBased, including stable weight gain, improved symptom management, and greater quality of life. She appreciates the formula's ability to deliver functional benefits and provide adequate nutritional support, while also aligning with her values and personal preferences for a plant-based diet. Fortisip PlantBased is an effective long-term solution to help manage Sarah's condition.

PRODUCT INFORMATION



Suitable as a sole source of nutrition



Can be given orally or via tube feeding



Energy Dense: 300kcal/bottle (1.5kcal/ml) to increase energy intake and help improve body weight.¹



Suitable for vegan or plant-based diets



High Compliance: 94% compliance among patients using Fortisip PlantBased over a 4-week intervention.²



Two delicious flavour choices: Mango Passionfruit or Mocha to suit patient preferences and tastes. **User-friendly bottle:** Resealable, easy to open cap.



12 g protein per bottle, from soy and pea protein sources.

References:

1. Milne AC, et al. Protein and energy supplementation in elderly people at risk from malnutrition. Cochrane Database Syst Rev. 2009; 2.
2. Nutricia UK ACBS trial, data on file 2022.

Fortisip PlantBased is a Food for Special Medical Purposes for the dietary management of disease related malnutrition and must be used under medical supervision. The patient's name in this case study has been changed to a fictitious name to protect their identity.

INFORMATION FOR HEALTHCARE PROFESSIONALS ONLY. NOT FOR DISTRIBUTION TO THE GENERAL PUBLIC.

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Fortisip
PlantBased