

Nestlé Modulen[®] IBD



Patient information
leaflet

Q How do I obtain **Modulen® IBD**?

A Your dietitian or nurse will organise **Modulen® IBD** while you are in hospital. On discharge your dietitian will contact your GP to arrange **Modulen® IBD** on prescription, for as long as you need it.

Useful Contact Numbers:

Dietitian:

Nurse:

Consultant:

Prescribing information for community pharmacists

Product	PIP Code
Modulen® IBD (400g tin)	264-3716
Nestlé Nutrition Flavour Mix – Banana Flavour	312-1118
Nestlé Nutrition Flavour Mix – Chocolate Flavour	312-1126
Nestlé Nutrition Flavour Mix – Coffee Flavour	312-1134
Nestlé Nutrition Flavour Mix – Lemon & Lime Flavour	312-1142
Nestlé Nutrition Flavour Mix – Strawberry Flavour	312-1100

Nestlé Nutrition

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Nestlé HealthCare Nutrition has produced this leaflet to provide you with information about Modulen® IBD and to help answer some of your questions.

Q What is Modulen® IBD?

A Modulen® IBD is a nutritionally complete powdered feed, designed to meet the specific nutritional needs of people with Crohn's disease. It is free from gluten, lactose and is suitable for vegetarians.

Modulen® IBD contains a naturally occurring anti-inflammatory factor. This may help to reduce the inflammation and repair the damage in the bowel caused by active Crohn's disease.

Q How much Modulen® IBD do I need to take?

A Your dietitian will assess how much **Modulen® IBD** you need to take based on your age, activity levels and weight.

The amount you need to drink will be increased slowly over a few days until you reach the full volume recommended. This will help your body to get used to **Modulen® IBD**.

If you are struggling with the volume of **Modulen® IBD** you have been advised to drink, it is very important that you discuss this with your dietitian.

It is unlikely that you will feel hungry if you are taking the recommended volume of **Modulen® IBD**.

However, if you do please contact your dietitian.

Remember, whilst taking **Modulen® IBD**, you must not eat or drink anything else apart from water, unless your dietitian has specified otherwise.

Q When should I expect to feel better?

A Most people start to feel better after 7-10 days of taking **Modulen® IBD**, but this may vary from one person to another. Your doctor and dietitian can provide you with further advice on this.

Q What happens when I finish taking Modulen® IBD?

A Your dietitian and doctor will advise you on how long to take **Modulen® IBD**. They will monitor your progress on it and advise when it is appropriate to stop. It is important to follow their instructions closely.

Q How do I prepare Modulen® IBD?

A Please follow the simple steps below to prepare **Modulen® IBD**:

1. Wash your hands thoroughly
2. Ensure all the equipment you use is clean
3. Refer to the mixing guidelines in the table below for amounts of powder and water to use

Mixing guidelines for the preparation of Modulen® IBD

Volume of water	Number of scoops of powder	Total volume achieved of Modulen® IBD
210 ml	6 scoops	250 ml
420 ml	12 scoops	500 ml
850 ml	24 scoops	1000 ml
1740 ml	1 can	2000 ml

4. Measure the required volume of cooled boiled water and pour into a clean bowl or shaker
5. If using **Nestlé Nutrition Flavour Mix**, for best results mix this into the water before adding **Modulen® IBD**
6. Using level scoops, measure the desired amount of powder using the scoop provided in the can
7. Add the powder to the water and stir/shake until well mixed
8. Use immediately or cover and refrigerate and use within 24 hours

Shaker cups are available for the preparation of **Modulen® IBD**, your dietitian will be able to provide you with one of these.

Q How do I store **Modulen® IBD**?

A **Modulen® IBD** should be stored in cool, dry conditions and be consumed by the use by date. It is important to replace the plastic lid after use. Once opened the product should be used within 4 weeks

Top tips for taking **Modulen® IBD**

- **Modulen® IBD** is best served chilled. If you do not have access to a fridge, try to keep your **Modulen® IBD** chilled during the day by storing it in a flask
- Try taking **Modulen® IBD** through a straw – this may make it easier to take
- **Modulen® IBD** can also be made into ice-lollies. This can be a tasty alternative and is a good way of taking the required volume of **Modulen® IBD**
- Try to drink additional water each day, especially in the summer months
- In cold weather, you can warm **Modulen® IBD** but do not boil it
- Brush your teeth more often to keep your mouth fresh

Q Can I flavour **Modulen® IBD**?

A **Modulen® IBD** can be flavoured using **Nestlé Nutrition Flavour Mix**, which is available in 5 flavours: Banana, Chocolate, Coffee, Lemon & Lime, and Strawberry. Your doctor can prescribe **Nestlé Nutrition Flavour Mix**.

As a guide, add 3-6 scoops of **Nestlé Nutrition Flavour Mix** per serving of **Modulen® IBD**. The number of scoops required can be adjusted according to your own taste preferences.

Your dietitian can also provide you with information on alternative ways to flavour **Modulen® IBD**.

Q How do I fit **Modulen® IBD** into my daily routine?

A It is possible to prepare **Modulen® IBD** in advance and take it to school or work in a shaker cup or flask.

Building up your volume of Modulen® IBD

TO BE COMPLETED BY A HEALTHCARE PROFESSIONAL:

Day 1

Time	Volume of water	Number of scoops	Total volume of Modulen® IBD
Breakfast			
Mid morning			
Lunch			
Mid afternoon			
Supper			
Bedtime			

Day 2

Time	Volume of water	Number of scoops	Total volume of Modulen® IBD
Breakfast			
Mid morning			
Lunch			
Mid afternoon			
Supper			
Bedtime			

Day 3

Time	Volume of water	Number of scoops	Total volume of Modulen® IBD
Breakfast			
Mid morning			
Lunch			
Mid afternoon			
Supper			
Bedtime			

TO BE COMPLETED BY A HEALTHCARE PROFESSIONAL:

You will need to drink a total of ml per day of **Modulen® IBD** for weeks.