



# MYTH 1: If someone is on PN they can't eat or drink

**FALSE**

Some people are able to absorb (take in or soak up) food and drink taken orally.

Some people will not be able to have any food or drink.

Some people will have a mixture of both.

Just like in everyday life, everyone is different.



**IT IS IMPORTANT TO UNDERSTAND WHY CHANGES ARE NEEDED TO THE DIET - DON'T BE AFRAID TO ASK**

**1**

## WHY CAN SOME PEOPLE EAT WHEN HAVING PN AND OTHERS CAN'T?

- Eating is important for nutritional and social reasons. An individual would only be advised not to eat or drink, have a daily fluid allowance, or to change what and when they eat and drink, for specific medical reasons.
- Eating or drinking may make fluid losses worse in some patients.
  - The oral nutrition may stimulate fluid secretion into the top part of the GI tract but the individual may not have the lower part of the GI tract to reabsorb the fluid.
- Eating or drinking causes worsening of symptoms such as pain due to gut motility issues or anatomy issues.

**2**

## WHY EATING AND DRINKING MAY INCREASE OUTPUT

- The different sections of the GI tract have different functions, some sections such as the stomach and upper small bowel actually release more fluid into the GI tract. Further down the GI tract fluid is re-absorbed. If a patient has the lower part of the GI tract missing, or not functioning as it should, any oral fluid intake and fluid released from the upper GI tract may not be absorbed further down. These patients may have a lower oral fluid allowance in order to limit the additional losses.
- Some patients may have specific medicines to slow the movement of food and fluid through the GI tract to allow time for more to be absorbed. Some patients may have oral solutions with a higher sodium content to encourage fluid absorption.
- Some patients may have malabsorption and oral intake of certain foods or quantities of certain foods may increase GI tract secretions which are not absorbed.

**3**

## WHY EATING OR DRINKING MAY CAUSE PAIN

- Some patients may have changes to their GI tract, such as sections of narrowing, which means that certain foods may get trapped leading to pain.
- Some patients may have changes to the way that their GI tract moves food down (motility issues), this may result in pain and bloating when eating and drinking.

**Every patient is different.**

# MYTH 2

*To be continued...*