



NZNIFS
National Intestinal Failure Service

Family/ Whānau Guide

Nutrition for infants with Short bowel syndrome

Patient name:



Who's in your care team?

It is important to us that you have access to good information. This booklet outlines key information and recommendations for the nutritional management of short bowel syndrome.

If you experience any problems or have questions regarding your child's management plan please contact the care team.

Monday to Friday 8:00am – 4:00pm contact:

Home Care Team: _____

Liver/Gastro Nurse Specialist Service: 021837870 (business hours only)

Please confirm with your local team how to gain out of hours advice in an emergency:

After hours I can contact:

Your shared care (local) doctor is: _____

Your shared care (local) dietitian is: _____

Your shared care (local) nurse is: _____

Your Starship doctor is: _____

Your Starship dietitian is: _____

Your Starship nurses are: _____

What is Short Bowel Syndrome?

Short bowel syndrome is a medical condition in which the body cannot absorb enough fluids and nutrients from food/kai.

This can happen because part of the small intestine may be missing – usually due to surgery or illness, or because the intestine is not working properly.

There are two main sections of your bowel, the small intestine (small bowel) and large intestine (colon).

The small bowel can also be broken down to 3 sections the duodenum, jejunum and the ileum.

Symptoms include

- Diarrhoea
- Bloating or swelling
- A lot of gas and or bad smelling bowel motions
- Poor appetite
- Weight loss or trouble gaining weight
- Tiredness
- Vomiting

What should my child eat?

A right food can help your child's body to get the key nutrients it needs and can help with his or her short bowel symptoms. There are some foods for infants with short bowel syndrome that should be avoided. See pages 4 -7 for guidance.

Please note children may be able to eat more or less of some foods and diet should be tailored to each child. There is no specific diet for short bowel syndrome.

Introducing solids:

- Introduce solids to your child when he or she is developmentally ready. For children with short bowel syndrome, there are other factors to consider and your care team will be able to advise the best time for solids to start. Use pages 4 - 7 for guidance on types of solids to offer
- Start with 1 teaspoon of puree vegetables or rice cereal at 1 meal per day
- Increase gradually to 1 tablespoon at 2 - 3 meals per day
- Continue increasing the amounts of solids to 2 - 3 tablespoons at 3 meals
- Your child should be ready for lumpy foods at this stage (if not already started), increase to ½ - 1 cup per meal for 3 meals (small baby bowl)
- When your child demands or is at the finger food stage, add snacks between meals ~ 2 – 3 snacks per day and 3 meals

Other tips:

- **Limit formula during meals.** Large amounts of fluid will push food faster through the bowel, decreasing absorption of nutrients and increasing diarrhoea
- **Milk and milk products** contain lactose in some instances eating foods with lactose can cause diarrhoea. We advise CAUTION, your child may tolerate some lactose but may also require low lactose or lactose free products

Try first

- Suitable as pureed foods
- Introduce in order below:

Vegetables

- Root vegetables - peeled potatoes, kumara, pumpkin, taro and yams

Cereals

- Infant cereal/baby rice (add water or if your child uses a special formula, this can be added)

Fruit

- Apple, pears, banana

Meat and meat products

- Lean meat, turkey or chicken (visible fat should be removed), fish
- Tofu

Fats

- Avocado
- Oils (if used in cooking)

Try next

- Suitable as mashed and lumpy foods

Vegetables

- Parsnip, carrot, beans, courgette, marrow (no seeds), beetroot and peas

Fruit

- Mango, peach, nectarine and plums

Cereals

- Weetbix (add water or formula to smooth and can be trialed when your child can eat foods with lumpy textures)
- Infant cereals
- Rusks
- Rice
- Cut up noodles, pasta

Meat and meat products

- Eggs – scrambled or cooked, no runny yolks
- Mashed legumes

Try last

- Finger foods

Fruit and vegetables

- Continue with same fruit and vegetables previously listed. Cut into pieces

Bread/cereals

- White or wholemeal bread (toast, soldiers, sandwiches)
- English muffin, pita, bread roll
- Puffs, dry cereals

Milk and milk products

- Cow's milk (in small amounts added to cereals)
- Yoghurt
- Cheese – strips, pieces
- Custard

Spreads for sandwiches

- Smooth peanut butter
- Vegemite/marmite

Meat and meat products

- Lean ham, fat trimmed and in small amounts
- Boiled egg

Avoid

- These foods may cause diarrhoea or discomfort and should be avoided

Fruit

- Berries – strawberry, blueberries, raspberries etc
- Citrus fruit – oranges, mandarin, lemon, limes
- Melon
- Kiwifruit
- Pineapple
- Grapes
- Coconut
- Cherries
- Papaya
- All dried fruit

Vegetables

- Broccoli and cauliflower
- Asparagus
- Leafy vegetables – spinach, lettuce, bok choy
- Onions and leeks
- Capsicum
- Tomatoes
- Eggplant
- Cucumber
- Corn

Avoid

Meat and meat products

- Fried meat, fish or poultry
- Sausage and chicken skins
- Grisly or fatty meat
- Processed meats - bacon and salami

Fats and spreads

- Butter
- Cream
- Sour cream
- Honey
- Jam/marmalade

Takeaways

- Deep fried potato or kumara chips and wedges
- Deep fried fish, meats and hot dogs

Dessert/Snacks

- Biscuits
- Cakes
- Muffins
- Snack bars
- Lollies
- Plain chocolate

Avoid

Other:

- Nuts (also a choking hazard)
- Garlic
- Mushrooms
- Aromatic herbs and spices

If whanau are uncertain about the best food options, please feel free to ask your Dietitian for advice.

Information provided in this family guide, is a guide and not intended to replace qualified medical or professional advice. For diagnosis treatment and medication, you should consult your child's care team.

Every effort has been made to provide the most current and relevant information .



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