



PROVIDING ADEQUATE NUTRITION FOR CHILDREN WITH SHORT BOWEL SYNDROME

by Anna Tuttle, MS, RD, LDN, CLC



Nutrition is important for all growing children but especially those with short bowel syndrome. Intestines play a key role in absorbing calories and nutrients to help with growth. Children who lack some intestines are not absorbing all of these nutrients.

This is why we often recommend “power punching” to increase calories, protein and fat by adding extra butter, oil, peanut butter, eggs and cheese to meals. For example, if your child loves mashed potatoes, make them with heavy cream, add extra butter and top with shredded cheese. If your child eats oatmeal for breakfast, make it with whole milk and add some peanut butter. Sneak in calories at every opportunity!

We also recommend including a source of protein with all meals and snacks. Protein sources include eggs, chicken, beef, pork, fish, peanut butter, cheese, beans (black, pinto, kidney, garbanzo), yogurt and

milk or formula. Examples of a complete snack are wheat crackers with cheese or half of a peanut butter sandwich. Most CIRCLE patients need more calories than other children their age, so full snacks are important.

Although sugary foods and drinks taste good, they can wreak havoc on the GI tract of a short bowel patient. Sugar moves quickly through the digestive tract, and when you lose a portion of your intestines it moves even quicker. This can lead to excessive loose stools. It is best to avoid sugary drinks such as soda, sweet tea and juice. If your child has a craving for something sweet to drink, add a beverage mix like Crystal Light to regular water. Candy and other sweets can also contribute to loose stools, so limit those as much as possible.

Navigating the diet of child with short bowel syndrome can be tricky at first, but don't be discouraged. Keep in mind that you are making the best choices for your child when you are providing the best nutrition. One of our main goals is to see your child grow, and proper nutrition is key!

MEET DR. ALGOTAR

by Anushree Algotar, MD



Hello all! My name is Anushree Algotar - I am a pediatric gastroenterologist and the newest member of Le Bonheur's CIRCLE team. I attended medical school in India and then trained to be a pediatrician in New York. I recently completed my pediatric gastroenterology fellowship from Nationwide Children's Hospital in Columbus, Ohio. My family and I moved to Memphis in 2017, and the city continues to grow on us. I have a special interest in nutrition and intestinal rehabilitation. It has been a great experience interacting with the families and watching children grow at each clinic visit. I have enjoyed working with the CIRCLE team, and I am looking forward to getting to know all of you.

SIGN UP FOR MYLEBONHEUR PATIENT PORTAL

by *Annebel Dahlberg, MPH, RN*

Patient Portal offers families a way to directly communicate with their physicians and health care team through an online tool and a free smartphone app. Caregivers are able to speak with their medical team and be actively involved in their child's care. Below are some frequently asked questions about Patient Portal.

- How do I sign my child up for the portal? Ask your nurse or medical assistant at your next clinic appointment! They will help you sign up in only a few minutes.
- After I sign up, what do I do? Check your email and accept the invitation that has been sent to you. We also recommend downloading the free app so you are able to access the portal anywhere from your smartphone or device.
- What can Patient Portal be used for? Patient Portal is a great way to send updates, check lab results, request refills and schedule and manage appointments. It gives families a way to talk directly to their team.

Have other questions? Let us know at your next clinic visit!

PHARMACY CORNER: USING IOPERAMIDE TO INCREASE NUTRIENT ABSORPTION

by *Oscar Herrera, Pharm D*



Loperamide or Imodium®, as known by its brand name, is a drug that slows down the motility of the gut. It is classified as an antidiarrheal. It can help children with short bowel by increasing the time formula and tube feeds stay in your child's gut so that nutrients can be absorbed. It is available as tablets, capsules, etc. depending on the store brand. Some pharmacies carry a suspension form of this drug, which makes it easier for you to measure the dose and for your child to take it. We can work with you identifying pharmacies that carry loperamide this way.

Loperamide can be given one to three times a day. GI physicians and pharmacists will work together to determine the dose your child needs. It is important that you keep track of the number of stools your child has to give us a good idea on how often you should give this medication. Loperamide is poorly absorbed to the rest of the body and has been used safely in kids with short bowel for many years. As a precaution, you should stop loperamide if your child goes two days without a stool or if it seems the diarrhea or increased ostomy output is due to food poisoning. Please give us a call if you are unsure of what to do in that situation.

BOWEL PARTS: THE COLON

by Mark R. Corkins, MD

Welcome to “Bowel Parts” where we introduce the different areas of the gastrointestinal (GI) tract, the basics of what they do and the therapies needed when the area is missing. The GI tract is the pipe that starts at the mouth and ends at the anus. It is responsible for taking food, digesting it and



turning it into nutrients and eventually poop. Each part of the GI tract has a different job in the digestion process. If a section is missing, it changes the way the GI tract works and the interventions needed.

The colon is the tail end of the GI tract. All indigestible portions of food and the liquid from the small bowel digestive juices enter the colon through a valve. The colon’s main job is to extract most of the water from the liquid. Digestive juices include saliva from the mouth, stomach fluid and pancreas and liver fluids. If we didn’t have a way to get that water back, then we would get dehydrated very quickly. As the fluid flows through the colon, the water is progressively absorbed. The leftover material starts to form into a solid stool that is normally passed with very little liquid.

The colon has some reabsorbing role for salts. That allows us to save some valuable salts from being lost when we stool.

The colon is also the home to the largest concentration of bacteria in our bodies that are part of the function of the colon. The bacteria

manufacture nutrients and vitamins from the material that humans can’t digest. These are substances we need to be healthy.

For a child with short bowel having a colon helps to lower their water losses. It also means getting those nutrients and vitamins from the colon made by the normal gut bacteria. If the colon is missing, we often have to compensate with more intravenous fluids. The patient may require high dose supplement salts and vitamins. If part of the colon is present, we can use medicines to slow down the motility and increase the time for absorption. Sometimes, fiber is added to feedings, which slows the passage time and adds some form to stools.

CONTACT CIRCLe

To schedule an appointment or for questions about CIRCLe, please call RN coordinator Annebel Dahlberg, RN, at 901.287.5712. After hours, please call 901.287.7337.