gutflix
GI learning, personalised

Summary

OSMOLALITY IN ORAL SUPPLEMENTS DRIVES ILEOSTOMY OUTPUT: DEFINING THE GOLDILOCKS ZONE

Christian Lodberg Hvas

UEG Week Copenhagen 2023 | Poster

Small Intestine & Nutrition

October 15, 2023

A quasi-randomized crossover study in 14 ileostomy patients found that oral supplement osmolality correlates with ileostomy output, with a proposed optimal absorption range of 100-290 mOsm/kg.

KEY POINTS

- In the osmolality range of 290-600 mOsm/kg, ileostomy output increased by 57g per 6 hours for every 100 mOsm/kg increase in oral supplement osmolality (95% CI 21-94, p<0.005).
- The association between osmolalities spanning 5-1352 mOsm/kg and ileostomy output forecasted an S-curve pattern.
- The authors suggest oral supplements with osmolalities between 100 and 290 mOsm/kg may optimize fluid absorption in ileostomy patients, terming this the Goldilocks zone.
- The single-center study enrolled 14 adult ileostomy patients (median age 64.5 years, range 22-77) without home parenteral support who underwent fasting, standardized ingestion of 500 mL oral supplements, and 6-hour output collection.
- This work is relevant to clinicians managing ileostomy patients experiencing sodium depletion, secondary hyperaldosteronism, or impaired quality of life.

VIEW THIS CONTENT ON GUTFLIX

https://gutflix.eu/search/d/abe537ec-743b-11ee-be92-0242ac140004

AI-generated summary

This summary was generated by an AI large language model based on the content transcript. It is for informational purposes only and should not be considered a substitute for clinical judgment. Always rely on your professional expertise and the full clinical context when making clinical decisions.