gutflix
GI learning, personalised

Summary

# EFFECTS OF THE MONASH POUCH DIET ON VOLATILE ORGANIC COMPOUNDS (VOC) IN THE POUCH LUMEN IN PATIENTS WITH AN ILEOANAL POUCH

Chu K (CK) Yao

UEG Week Copenhagen 2023 | Poster

IBD

October 15, 2023

**A pilot study of 11 patients with ileoanal pouches for ulcerative colitis found that a 5-week Monash Pouch diet intervention did not significantly alter major short-chain fatty acids or protein fermentation metabolites, though fold-change analysis identified six volatile organic compounds that changed and suggested a paradoxical shift toward increased proteolytic activity.**

## KEY POINTS

- The study evaluated a 5-week dietary intervention restricting osmotically active carbohydrates, total and animal protein, sulphate/sulphite preservatives and carrageenan while increasing oligosaccharide intake in 11 patients with ileoanal pouches for ulcerative colitis
- No significant changes were observed in acetate, propionate, butyrate, or protein fermentation metabolites between baseline and post-intervention faecal samples analysed by gas-chromatography-mass spectrometry
- Fold-change analysis identified six altered volatile organic compounds, including increased ethyl-2-methylbutanoate which the authors interpret as a paradoxical shift toward proteolytic activity, suggesting the dietary strategy may require modification
- The authors caution that the small sample size limits interpretation and that fold-change findings should be regarded as clues for investigation in larger cohorts
- This material may interest gastroenterologists managing patients with ileoanal pouches and researchers studying pouch microbial metabolism

VIEW THIS CONTENT ON GUTFLIX

https://gutflix.eu/search/d/f6e32c9a-743b-11ee-9501-0242ac140004

**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.