



GI DREAM

Gastrointestinal Dietitians
for Research, Education,
Advocacy and Mentoring

Exclusive Enteral Nutrition for Crohn's Disease

This dietary resource provides general dietary information for people with IBD. To find an [IBD DIETITIAN](#) for personalised nutrition advice ask your IBD team or visit gidream.org.

- EEN can help heal the gut as well as restore nutrition
- EEN involves replacing food with medical nutrition supplement drinks
- EEN is usually recommended for 6-12 weeks

What is Exclusive Enteral Nutrition Therapy?

Exclusive Enteral Nutrition (EEN) Therapy can be used in adults and children with active Crohn's Disease to treat inflammation, improve symptoms, heal the gut and improve nutrition.

EEN involves replacing all your normal diet and fluids with specialised nutrition supplement drinks for 6-12 weeks. The recommended time on EEN therapy will be discussed with you by your treating team.

Your EEN plan shown below will help you meet all your nutritional needs by providing all the energy, protein, vitamins and minerals your body requires. You do not need to eat other foods. These drinks come in a variety of flavours.

Personalised EEN plan

Start date:

End date:

Reason for using EEN therapy:

Nutrition supplement (s):

Number of bottles/cartons per day:

Other fluids allowed:

Support on EEN Therapy

When you undertake EEN therapy you will have regular contact with your [IBD Dietitian](#), via phone, email or in person. Your IBD Dietitian will provide you with a script and advice on where you can order the nutritional drinks. It is important to talk to support people while you are on EEN therapy to discuss any concerns. This may include your family, friends, IBD Dietitian, Gastroenterologist, General Practitioner, or IBD Nurse.



EEN Frequently Asked Questions

1. How does EEN work?

The exact way EEN works is not fully understood, but it is thought to reduce inflammation by excluding certain food parts that may drive inflammation. EEN can give the gut a chance to heal while providing balanced nutrition.

2. What else can I eat and drink whilst on EEN?

It is recommended that you only consume the prescribed nutrition supplement drinks and water. EEN is most effective at treating inflammation when all other food and drinks are avoided.

3. Tips and strategies for following a course of EEN therapy

- Follow your usual “meal pattern” e.g. if your largest meal is in the evening, this may be the time to consume more than 1 bottle of EEN.
- Spreading the supplement drinks throughout the day helps to manage hunger.
- Include a variety of flavours each day. Popular flavours include vanilla, chocolate, coffee and various fruit flavours.
- Trial drinks at different temperatures such as chilled, with ice, frozen or warmed up.
- Avoid being around food smells and people eating at mealtimes if you find this challenging whilst you are on your liquid diet.
- Ensure you drink your usual amount of water (e.g. 6-8 glasses per day) in addition to EEN drinks

4. I am not opening my bowels daily on EEN, what should I do?

It is common to use your bowels less frequently whilst on EEN therapy as there is no fibre in the supplement drinks. If you feel constipated, speak to your [IBD Dietitian](#) or Doctor, who may recommend a gentle osmotic laxative.

5. I have a social event coming up where everyone is eating, and I feel like I am going to miss out.

It is important that you follow the EEN plan prescribed. If you have important social events during the time on EEN, discuss this with your IBD team.

6. How should I reintroduce foods after a course of EEN therapy?

Your [IBD Dietitian](#) will guide you with reintroducing foods and weaning off EEN. Most people can usually reintroduce food over five days.

Support and follow up plan during course of EEN



Acknowledgements: This resource was developed in 2022 by the DECCAN Education Materials Working Group and reviewed by the GI DREAM Board in line with ECCO Consensus on Dietary Management of IBD (2025). Requests and enquiries about this document should be directed to info@gidream.org or website www.gidream.org. GI DREAM does not take any liability for any injury, loss or damage incurred by the use or reliance on this information. Reviewed August 2025. Date for review August 2027.