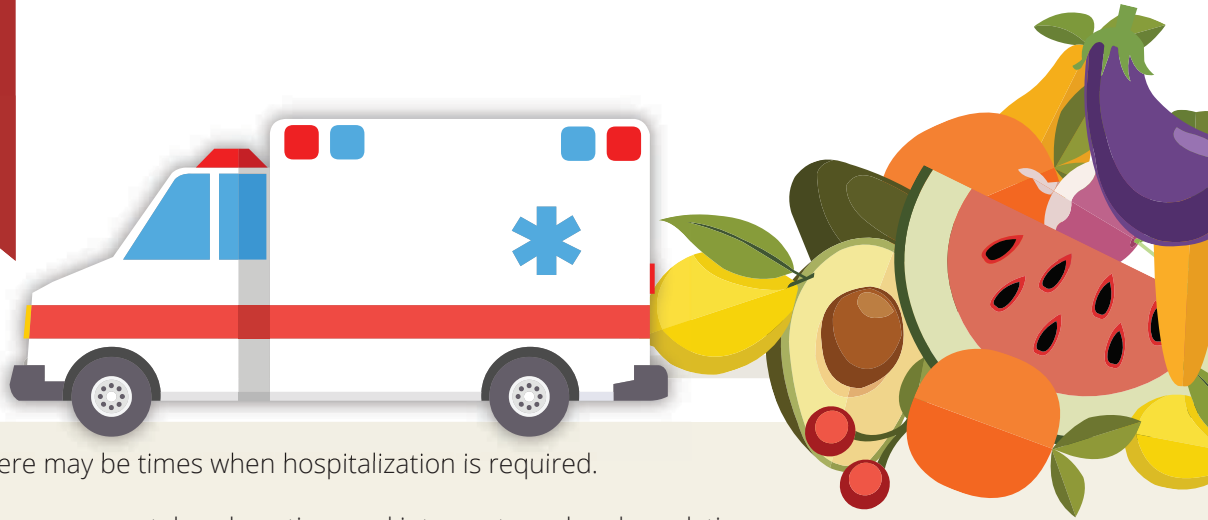


## What to expect in the hospital?



In cirrhosis, there may be times when hospitalization is required.

The admitting process can take a long time and interrupt meal and snack times. You may also be required to fast for several days in advance of a procedure.

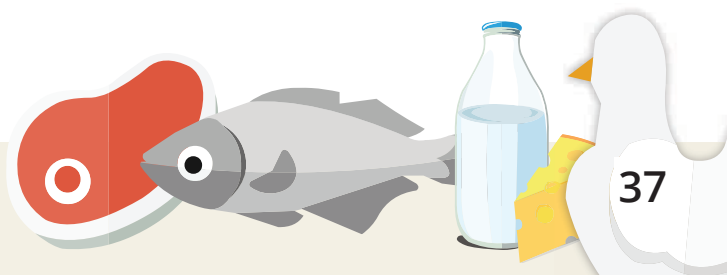
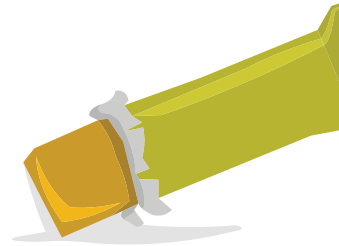
Not eating for more than 8 hours increases the risk for unwanted weight and muscle mass loss. Here are several helpful strategies:

### 1) What can I do?

- Bring snacks to eat during your hospital stay
- Ask the nursing staff when and what you are allowed to eat
  - ask often since this is important!
- Request that snacks be provided between meals and before bedtime
- Ask to see a dietitian
- If you are put on a “Clear Fluids Diet”, ask medical staff if meal supplements can be added
- Let the nurses and dietitian know which high-protein foods you prefer eating
- If you are allowed to eat but are not hungry, ask to see the dietitian who can provide suggestions
- Ask for meal supplements and store in the nightstand until you are ready to drink them

### 2) What can my healthcare team do?

- a) Provide meal supplements
  - These can be used to replace meals or be eaten as snacks between meals
- b) Add high-protein foods or beverages to your meal tray, such as:
  - Double portions of meat
  - Yogurt, milk, or cheese to meals and snacks
  - Request extra items stored in the ward to access at your convenience



c) Your healthcare team may prescribe a tube feed or intravenous nutrition if you are unable to eat enough food. This could be due to poor appetite or a medical issue.



### Nasogastric (NG) Feed

- The dietitian prescribes the tube feed
- A thin, flexible tube is placed into the nose extending down into the stomach
- A pump slowly drips a liquid of concentrated nutrients through the tube
- Unless advised by your healthcare practitioner, in most cases you can and are allowed to eat solid foods with this type of tube feed
- The feed runs 24 hours a day, but can be changed based on your nutrition requirements and how well you tolerate the feeds. For example, you may need it only during certain times during the day or night.

### Total Parenteral Nutrition (TPN) or Peripheral Parenteral Nutrition (PPN)

- The feed solution consists of water, essential nutrients as well as vitamins and minerals
- The liquid nutrition is delivered intravenously using a vein in the arm
- TPN or PPN may be used if the healthcare team believes that you are unable to digest food properly and absorb the nutrients
- A dietitian, in consultation with the healthcare team, will prescribe this



d) Your healthcare team can also provide prescriptions for vitamin and mineral supplements.

- It is quite common to be prescribed a multivitamin tablet, calcium, and vitamin D while in hospital and at home following discharge.

