

Out of hours starter feeding regimen for those at risk of Refeeding Syndrome

Day 1:

500ml Nutrison* at 50ml/hr over 10 hours with 100ml water flush pre and post feed

500ml Water at 75ml/hr over 7 hours

Rest for 4 hours

Day 2:

750ml Nutrison* at 75ml/hr over 10 hours with 100ml water flush pre and post feed

750ml Water at 100ml/hr over 7.5 hours

Rest for 4 hours

Day 3:

1000ml Nutrison* at 75ml/hr over 13.5hours with 100ml water flush pre and post feed

500ml water at 100ml/hr over 5 hours

Rest for 4 hours

Continue day 3 regimen until reviewed by dietitian

	Energy (kcal)	Protein (g)	Carbohydrate (g)	Sodium (mmol)	Potassium (mmol)	Total fluid (ml)
Day 1 provides:	500	20g	61.5g	21.7	19.2	1200ml
Day 2 provides:	750	30	92.3	32.3	28.5	1700ml
Day 3 provides:	1000	40	123	43.5	38.5	1700ml

***Nutrison can be accessed in the out of hours cupboard**