

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

Day 1:

500ml Osmolite \* 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 Osmolite \* 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 Osmolite \* 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:	505	20	68	19.15	18.9	1200ml
Day 2 provides:	757	30	102	28.7	28.4	1700ml
Day 3 provides:	1010	40	136	38.3	37.9	1700ml

**\*Osmolite can be accessed in the out of hours cupboard on Devonshire**

**Updated May 2026**