

Contact Details

Bolton Eating Disorder Service

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Trafford Eating Disorder Service

☎ 01925 248 475

Warrington and Halton Eating Disorder Service

☎ 01925 248 475

Wirral Eating Disorder Service

☎ 0151 488 7342

This leaflet should be provided at an appointment with an Eating Disorders Dietitian or Practitioner and does not replace a face to face discussion

If you require translation services or a copy of this document in other languages, audio tape, Braille or larger print, please speak to a member of CWP staff, e-mail info@cwps.nhs.uk or write to: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

যদি আপনার ট্রান্সলেশন সার্ভিসের বা এই দলিলের কপি অন্য ভাষায়, অডিও টেপে, ব্রেইল বা বড় ছাপায় দরকার হয় তবে অনুগ্রহ করে সিডব্লিউপি এর স্টাফদের সাথে কথা বলুন, ইমেইল করার ঠিকানা info@cwps.nhs.uk বা কমিউনিকেশন, চেশায়ার ও উইরাল পার্টনারশীপ এনএইচএস ফাউন্ডেশন ট্রাস্ট, আপটন লী, কাউন্টেস অফ চেস্টার হেলথ পার্ক, লিভারপুল রোড, চেস্টার, সিএইচ২ ১ বিকিউ ঠিকানায় লিখুন।

如果您需要翻譯服務或想索取這份文件的其他語文、錄音帶、凸字或大字體版本，請向我們的職員查詢。您亦可以寄電郵至 info@cwps.nhs.uk 或寄信到 Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

જો તમારે ભાષાંતર સેવાઓ અથવા આ દસ્તાવેજની બીજી ભાષાઓમાં નકલ, ઓડિયો ટેપ, બ્રેઇલ અથવા વિશાળ કદની છપાઈની જરૂર હોય, તો કૃપા કરીને સીડબ્લ્યુવી (CWP) ના કર્મચારીઓ સાથે વાત કરો, ઈમેલ કરો: info@cwps.nhs.uk અથવા આ સરનામે લખો: Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

यदि आपको अनुवाद सेवाएं या इस दस्तावेज़ की अन्य भाषाओं में नकल, ऑडियो टेप, ब्रेइल लिपि या विशाल आकार में छपाई की आवश्यकता हो, तब कृपया सीडब्ल्यूवी (CWP) कर्मचारीयों के साथ बात कीजिये, या ईमेल कीजिये: info@cwps.nhs.uk या इस पते पर लिखिये: Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

Jeśli wymagane jest tłumaczenie lub kopia niniejszego dokumentu w innych językach, na taśmie magnetofonowej, w języku Braille'a lub dużym drukiem, prosimy o skontaktowanie się z członkiem personelu CWP (Organizacja partnerska krajowego systemu zdrowia regionów Cheshire i Wirral) lub przez pocztę elektroniczną: info@cwps.nhs.uk lub na adres: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

Os oes arnoch angen gwasanaeth cyfiethu neu gopi o'r ddogfen hon mewn ieithoedd eraill, tâp sain, Braille neu brint mawr, siaradwch ag aelod o staff CWP, e-bost info@cwps.nhs.uk neu ysgrifennwch i: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

Feedback

We welcome any suggestions you have, please send your **comments, concerns, complaints and compliments** to: **The Patient Experience Team**, Trust Board Offices, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

For more information see www.cwps.nhs.uk

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Cheshire and Wirral Partnership **NHS**
NHS Foundation Trust

Refeeding Syndrome

Eating Disorders Service

Care • Well-being • Partnership

Introduction

Below is a brief explanation of refeeding syndrome and what can be done to prevent it.

What is refeeding syndrome?

Refeeding syndrome is defined as severe electrolyte and fluid shifts that occur in the early stages of nutritional improvement when calorie intake is suddenly increased after a period of starvation.

When/why does refeeding syndrome occur?

Refeeding syndrome can occur when nutritional intake is increased after a period of starvation. During starvation the body adapts to the lack of food available for energy and uses alternative stored sources. Levels of vitamins and minerals including Thiamine (a B vitamin) run out very quickly. When nutritional intake is increased the body switches back to using food for energy. During this shift changes occur in the body, which can result in fluid fluctuations and vitamin and mineral deficiencies

e.g. phosphate and magnesium, which increases the risk of complications.

Who is at risk?

Unless significant dietary changes are made then there is low risk of refeeding syndrome.

There are a number of factors that increase the risk of developing refeeding syndrome which include;

- Being underweight (BMI < 18.5 kg.m²), with risk increasing at BMI < 16.0 kg/m²
- Recent rapid weight loss
- Low levels of potassium, phosphate or magnesium
- A history of alcohol abuse or drug use (including insulin, chemotherapy, antacids and diuretics).

How are the risks of refeeding syndrome reduced and managed?

To monitor and minimise the risk of refeeding syndrome you may be asked to;

- Attend for blood tests and other medical assessments.

- Commence nutritional supplementation as prescribed.
- Attend a dietetic assessment and jointly agree a suitable nutritional intake.

It is important that nutritional intake is increased but not too quickly, and instead is increased in a gradual staged manner. It is therefore recommended that any dietary changes are made with appropriate guidance and support.

Medication

If you are considered to be at risk from refeeding syndrome your GP will be asked to prescribe the following:

- Sanatogen A-Z one daily
- Thiamin 100mg twice daily
- Vitamin B Co Strong two tds

Remember there are many effects of starting to increase dietary intake which include bloating, swelling and discomfort. This is to be expected after a period of starvation and is not linked with refeeding syndrome.