

Alfresco dining?

Made easier with
Nutrison Bolus Energy HP

A CASE STUDY BOOKLET

SUPPORTING NUTRISON
BOLUS ENERGY HP

This information is intended for Healthcare Professionals only.
Nutrison Bolus Energy HP is a Food for Special Medical Purposes
for the dietary management of disease related malnutrition
and must be used under medical supervision.



REAL WORLD EVIDENCE FOR NUTRISON BOLUS ENERGY HP

Nutrison Bolus Energy HP is a high energy, high protein, nutritionally complete,* ready to use, tube feed available in a 250 ml pouch.

Evidence for the efficacy of Nutrison Bolus Energy HP in everyday clinical practice has come from a multi-centre study in adult, home enteral nutrition patients recruited from the community by their managing dietitians across 16 NHS centres in the UK. The study followed 25 community-based patients for

28 days (+7-day baseline period) and assessed their quality of life, ease of feed administration, gastrointestinal tolerance, time, compliance and nutrient intake with Nutrison Bolus Energy HP.

Results from one of these patients has been collated into a case study and presented in this booklet. This case study is intended to help educate healthcare professionals about the role of Nutrison Bolus Energy HP and offer practical guidance on its use.

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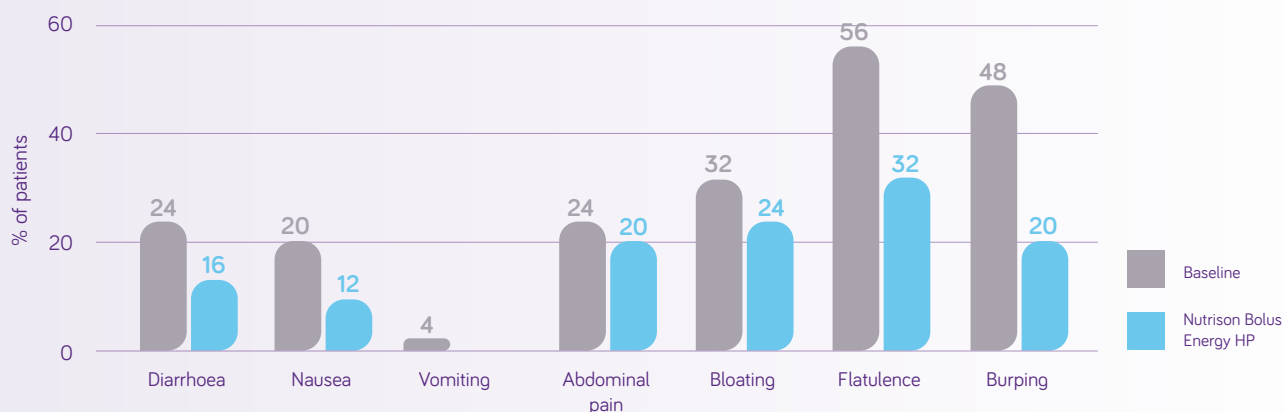
7 Key Features of Nutrison Bolus Energy HP

Nutritional Value per 100 ml

IN A UK, MULTI-CENTRE, NUTRISON BOLUS ENERGY HP DEMONSTRATED;¹

Excellent tolerance and compliance¹

Incidence of gastrointestinal symptoms



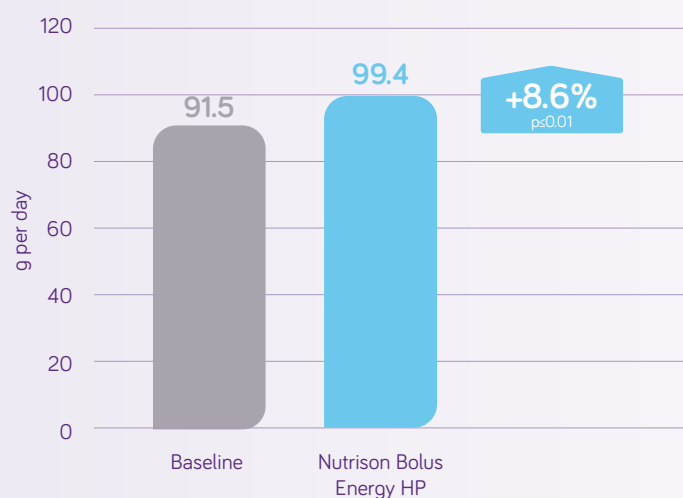
100%
of patients agreed they
tolerated the feed well¹



94%
compliance versus the
dietitian's prescription¹

Significantly increased protein intake¹

Protein intake



Total mean energy intake was maintained¹

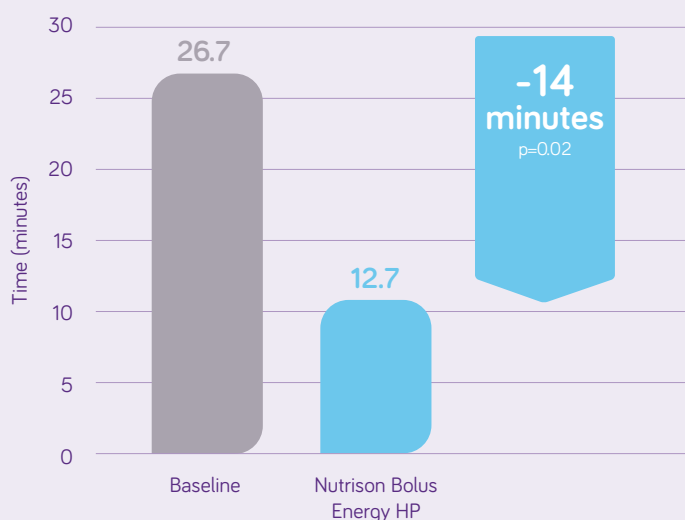
Baseline: 2110 kcal/day

End of the study: 2066 kcal/day

**Electrolyte (Na, K, Cl) intakes improved
with Nutrison Bolus Energy HP¹**

Reduced time spent tube feeding¹

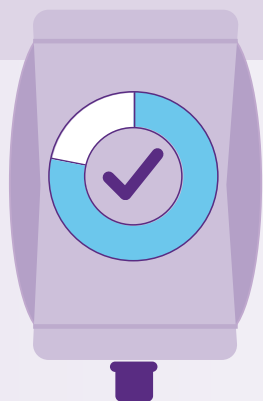
Total time per feed: set-up, administration, clean-up



Time saved/week¹
based on 4 pouches/day

**6 hours
32 minutes**

Significant improvement in patients' quality of life¹



80%

of patients preferred Nutrison Bolus Energy HP
to their baseline feed and method¹

- ✓ Quality of life for patients significantly improved¹
- ✓ Significantly fewer restrictions on attending social activities¹
- ✓ Reduced limitations on mobility, activity, and feeding away from home¹

CASE STUDY

A 55-year-old male; head and neck cancer

Provided by: Jo Bates Community Rehabilitation Dietitian

Northeast London Foundation Trust

BACKGROUND

A retired 55-year-old male was recruited in the community. He required enteral feeding to supply his sole source of nutrition whilst undergoing surgery and chemotherapy treatment for head and neck cancer, diagnosed in February 2021. Prior to the diagnosis, he was very active, enjoying hiking, cycling, and fishing with a stable weight of ~75 kg in December 2020 and a body mass index (BMI) of 24.4 kg/m². His weight declined down to ~63 kg and he had a BMI 20.6 kg/m² by March 2021 due to the diagnosis and the initial intensive medical treatment, resulting in him being unable to eat and drink orally. A Radiologically Inserted Gastrostomy (RIG) was placed in mid-March 2021. Radiotherapy treatment was carried out from April to June 2021.

The patient followed a bolus feeding regimen of 6x 200 ml of Fortisip 2kcal per day, which helped him to increase his weight by 12.5% to 72 kg by February 2022 whereby constipation became an issue. The regimen was changed to 2x 500 ml of Nutrison Energy Multi Fibre with 2x 200 ml of Fortisip 2kcal, all via bolus feeding, which introduced fibre as well as satisfying energy and protein requirements. However, despite resolving the constipation, his weight declined to 64.5 kg and his BMI was 21.5 kg/m² by July 2022. This was attributed to resuming his higher intensity outdoor activities such as running and cycling which resulted in higher energy needs. The regimen was therefore changed and he finally settled on 2x 500 ml of Nutrison Concentrated and 1x 500 ml of Nutrison Energy Multi Fibre, which provided 2801 kcal, 105 g protein & 7.5 g fibre with a brief trial of Pro-source Hyfibre that was not tolerated.

His weight was stable in the 12 months prior to joining the trial at around 67 kg, and his BMI was 22.6 kg/m². His nutritional requirements at baseline were 2704 kcal/day and 83 g/protein/day. He had a very active lifestyle, with a busy family life and grandchildren whom he visited regularly. In 2023, he began eating IDDSI Level 4 texture modified foods and unmodified fluids and his tube feeding provision was therefore reduced. Bolus feeding continued to mimic mealtimes and limit restrictions around his activity. However, he found the procedure of feed decanting, connecting, and syringing his bolus feeds impacted his quality of life particularly when out of the home.

Baseline anthropometry: 67 kg and BMI 22.6 kg/m²

Baseline requirements: 2704 kcal/day, 83 g/protein/day

BASELINE REGIMEN

At baseline, the equipment required to administer the bolus feeds included a multi-use 60 ml syringe, multi-use adaptor/connector, water container and feed container (2x cups twice daily). Overall, the time taken to administer each bolus was 15 minutes and often resulted in a spillage, which outside of the home caused some frustration. The baseline regimen of 1x 500 ml bolus of Nutrison Concentrated and 1x 500 ml bolus of Nutrison Energy Multi Fibre which, provided 1750 kcal/day, 68 g of protein/day, and 65% of his requirements. His overall intake including food was ~2384 kcal/day and 98 g of protein/day (1.45 g/kg). The patient was highly motivated and compliant with his baseline regimen, partly due to good gastrointestinal tolerance and ability to administer feeds around his busy lifestyle. However, the decanting and syringing process was a major limiting factor in his ability to feed away from the home, particularly when out fishing for example.

Baseline feed intake: 1750 kcal/day, 68 g/protein/day

Total baseline intake: 2384 kcal/day, 98 g/protein/day

RATIONALE AND USE OF NUTRISON BOLUS ENERGY HP

The high protein content of Nutrison Bolus Energy HP ensured that the patient was meeting his protein requirements within his bolus administrations. He had been sensitive to the fibre content of feeds in the past but was tolerating a mixed regimen of fibre-containing and fibre-free feeds well, so he agreed to trial Nutrison Bolus Energy HP as it was assumed that the absence of fibre would not affect the current gastrointestinal tolerance.

Trial feeding Regimen: 2x 250 ml pouches of Nutrison Bolus Energy HP (500 ml total), providing 800 kcal and 40 g protein, alongside 500 ml/day of Nutrison Energy Multi Fibre.

DIETETIC GOAL WHILE ON TRIAL

The dietetic goal during the trial was to provide the patient's bolus feeds in a more convenient, efficient, and hygienic method for a patient with higher energy needs, living a very active lifestyle.

4-WEEK RESULTS

End point anthropometry: 67.8 kg and 22.7 kg/m²

	REQUIREMENTS	BASELINE FEED INTAKE	ENDPOINT FEED INTAKE
		Nutrison Concentrated & Nutrison Energy Multi Fibre	Nutrison Bolus Energy HP and Nutrison Energy Multi Fibre
ENERGY (kcal/day)	2704	1750	1565
PROTEIN (g/day)	83	68	70

During the 4-week trial, the patient maintained excellent tolerance and compliance to his regimen, with no effect on intake or weight, which measured 67.8 kg with a BMI of 22.7 kg/m² at the endpoint of the study. The daily overall energy and protein intake did not significantly differ from baseline, with the assessed overall intake at endpoint of 2182 kcal and 101 g of protein (1.5 g/kg body weight). The patient was able to maintain his highly active and strenuous lifestyle.

He was very happy that the average overall time taken to administer the feed decreased from 15 minutes to 6.8 minutes. In particular, the time taken to prepare the bolus feed decreased by 4 minutes and the time taken to clean up feed decreased by 1.6 minutes. The patient was very satisfied with the minimal equipment required to administer his feeds and he reported that he hadn't experienced a single spillage since beginning on the trial. As the number of spillages significantly decreased, kitchen wipes were also no longer necessary, and less storage was required, resulting in a major improvement in quality of life.

Overall, the patient was extremely happy with the trial of Nutrison Bolus Energy HP as he found using the pouch and accompanying Flocare Bolus Pouch Connector significantly simpler and less time consuming to administer his bolus feeds in comparison to decanting and administering the feed via syringe. He fully tolerated the feed each day and therefore achieved 100% compliance during the study. The dietetic goal was achieved, and the patient really enjoyed the discreet and hygienic nature of bolus feeding away from the home that the trial feed allowed. He was keen to stay on the product and remains on Nutrison Bolus Energy HP as part of his current regimen which has immensely improved his mental well-being.

SUMMARY

Overall, the patient was extremely happy with the trial of Nutrison Bolus Energy HP as he found using the pouch and accompanying Flocare Bolus Pouch Connector significantly simpler and less time consuming to administer his bolus feeds in comparison to decanting and administering the feed via syringe.

He fully tolerated the feed each day and therefore achieved 100% compliance during the study. The dietetic goal was achieved, and the patient really enjoyed the discreet and hygienic nature of bolus feeding away from the home that the trial feed allowed.

He was keen to stay on the product and remains on Nutrison Bolus Energy HP as part of his current regimen which has immensely improved his mental well-being.

INTRODUCING NUTRISON BOLUS ENERGY HP

High energy
1.6 kcal/ml

High protein
8 g/100 ml

Nutritionally complete*

Optimised electrolyte profile for tube feeding

Neutral flavour

Unique squeezable pouch

Less time to prepare & deliver¹
Easier & cleaner to administer¹
Greater portability & convenience¹

85%
of participants liked the flavour²

Nutritional value per 100 ml

Energy	160 kcal
Protein	8 g
Carbohydrate	18.1 g
Fat	6.2 g
EPA + DHA	52 mg
Iron	2.55 mg
Vitamin D	2.13 µg
Sodium	104 mg (4.51 mmol)
Potassium	224 mg (5.72 mmol)
Chloride	159 mg (4.48 mmol)
Magnesium	24 mg (0.99 mmol)
Osmolarity	610 mOsmol/l
Presentation	250 ml pouch
ACBS approved	Yes

- ✓ Suitable as a sole source of nutrition
- ✓ Nutritionally complete in 4 pouches*
- ✓ Electrolyte profile optimised for tube feeding
- ✓ Low viscosity to aid administration
- ✓ Halal certified
- ✓ Kosher approved



Learn more

For more information visit nutricia.co.uk or refer to the product label



We extend our sincere thanks to those who participated in the trial and made it possible to bring this product to market.

References: 1. Nutricia trial data, data on file 2022-2024. 2. Nutricia Independent Consumer Sensory Assessment on Nutrison Bolus Energy HP Vs Abbott, data on file 2023.

*Nutritionally complete in 4 pouches, using a 19-49 year old male RNI for a comparator (excl. Na, K, Cl & Mg). A typical intake would be 4-6 pouches (1600-2400 kcal per day) if used as a sole source of nutrition. The Flocare bolus pouch connector should only be used with Nutrison Bolus Energy HP. Refer to user guidance document for more information.

Accurate at time of publication: December 2025
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