

Review of tea drinking habits in short bowel patients with jejuno-colic anatomy in Northern Ireland

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Intestinal Failure

‘Intestinal Failure is defined as the reduction of gut function below the minimum necessary for the absorption of macronutrients and/or water and electrolytes, such that intravenous supplementation is required to maintain health and/or growth’

L Pironi et al ESPEN 2014



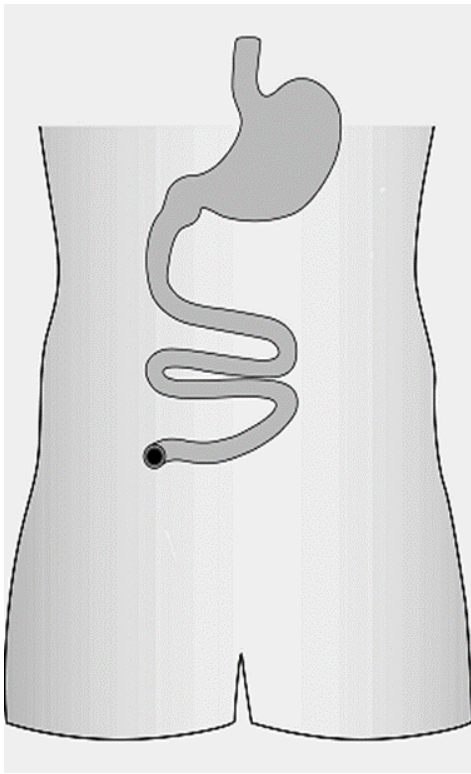
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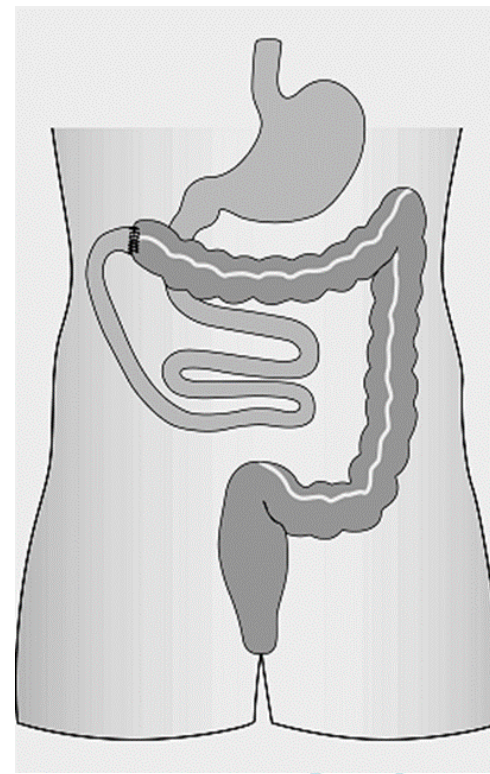


Typical Chronic Intestinal Failure Patients (Type 3-Long-term) Short Bowel

End jejunostomy



Jejunum-colon



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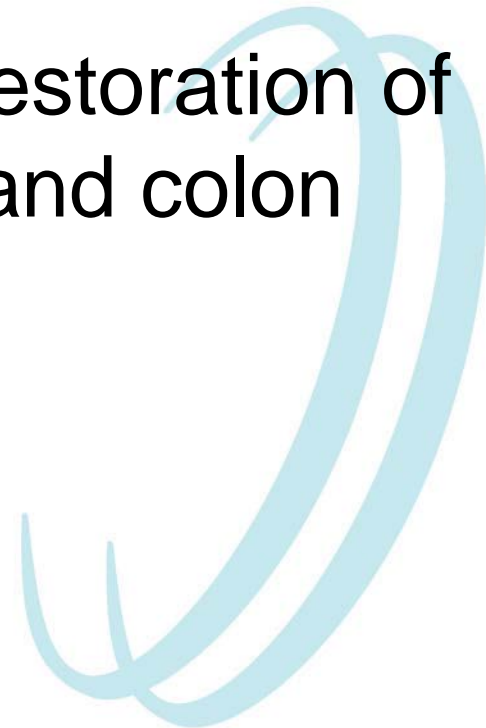
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- Numerous studies have demonstrated that absorption of oxalate from the gut is enhanced in patients with ileal disease
- It is specifically increased after restoration of continuity between small bowel and colon



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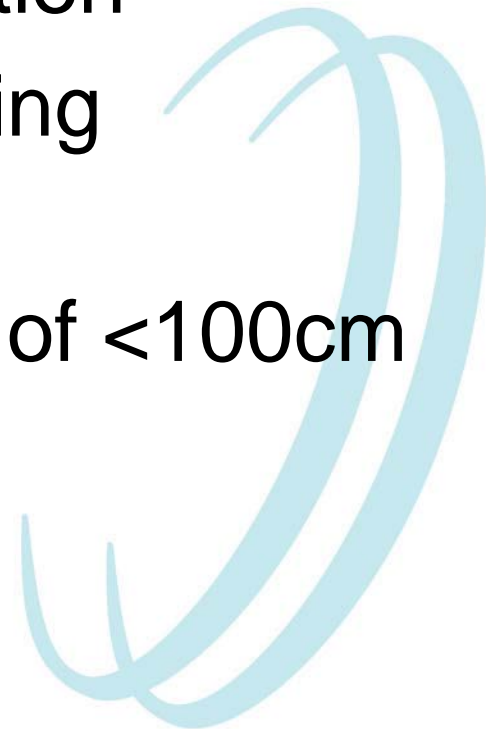
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- Numerous potential contributors to kidney stone formation amongst patients with small bowel disease or resection
- 25% chance of developing of Calcium Oxalate stones occurs in those with jejunocolic anastomosis.



- Dietary oxalate restriction is advised in this patient group
- Alongside avoidance of dehydration
- Of the some 170 patients attending Intestinal failure service NI
- 37 have restoration of continuity of <100cm small bowel to colon



- These patients have already been advised on a low oxalate diet post restoration of intestinal continuity
- Majority follow a lower residue diet
- Main source of oxalate is tea (up to 280mg/100ml)

Low Oxalate Diet for patients with Intestinal Failure

If you have a short segment of small bowel attached to your large bowel, there is an increase in the amount of oxalate absorbed by the large bowel

This can lead to a higher risk of renal stone formation

You must eliminate high oxalate containing foods from your diet

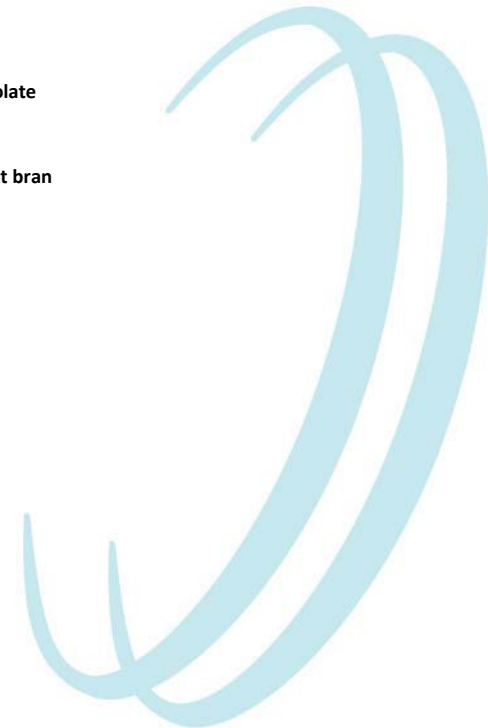
Foods to avoid:

Spinach	Chocolate
Rhubarb	Tea
Beetroot	Wheat bran
Parsley	Nuts



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Tea Addicts

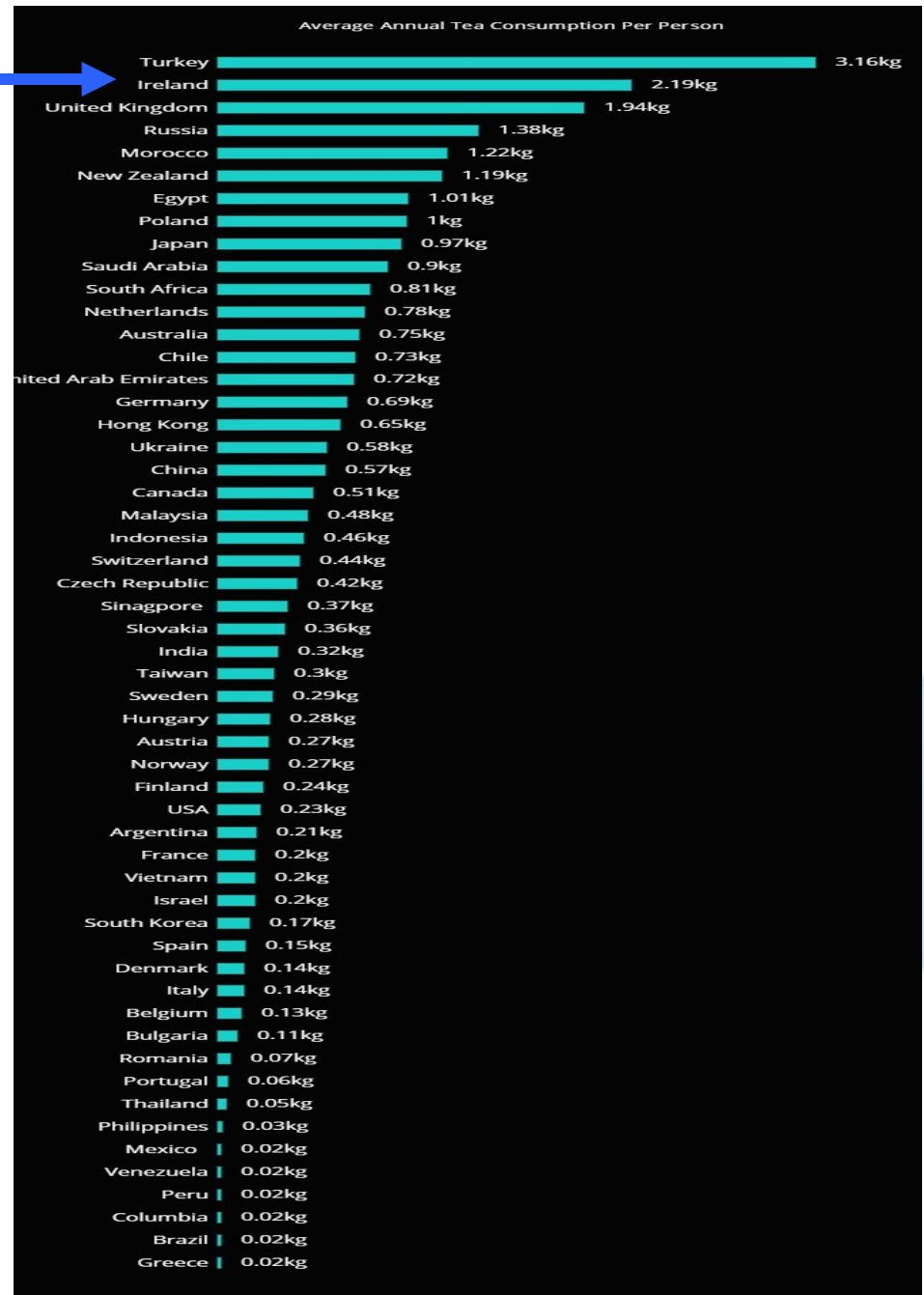
THE WORLD'S BIGGEST TEA DRINKERS

TURKEY – DRINKING AN AVERAGE OF 3.16KG OF TEA EACH EVERY YEAR

IRELAND – DRINKING AN AVERAGE OF 2.19KG OF TEA EACH EVERY YEAR

UK - DRINKING AN AVERAGE OF 1.94KG OF TEA EACH EVERY YEAR

Average tea consumption in Ireland is 4 cups per day



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Survey

- We used a postal survey to question these patients in regards to their tea drinking habits
- 2 parts to the survey:
- Black tea consumed- Frequency, strength, brewing method, with or without milk
- Provided 7 day supply of Rooibos tea- kindly supplied by the Red Bush Company



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Rooibos tea

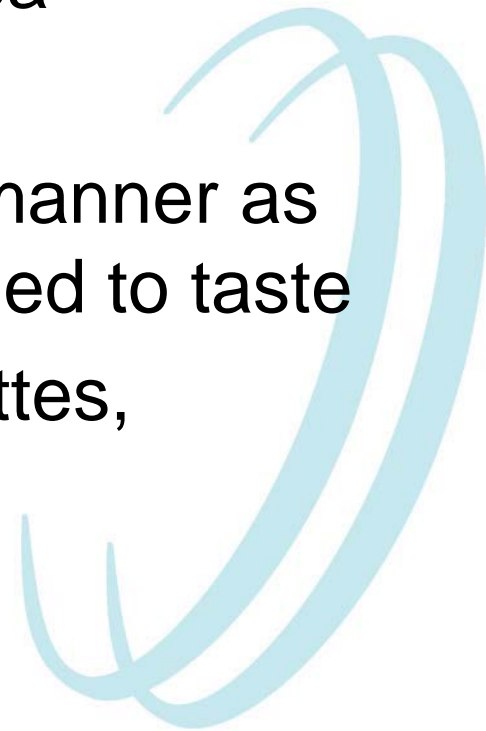


- Rooibos (*Aspalathus linearis*) is a broom-like member of the Fabaceae family of plants and grows in South Africa's mountainous fynbos region
- The leaves are used to make bush tea
- It is oxalate free
- Its commonly prepared in the same manner as black tea and milk and sugar are added to taste
- It can also be served as espresso, lattes, cappuccinos or iced tea



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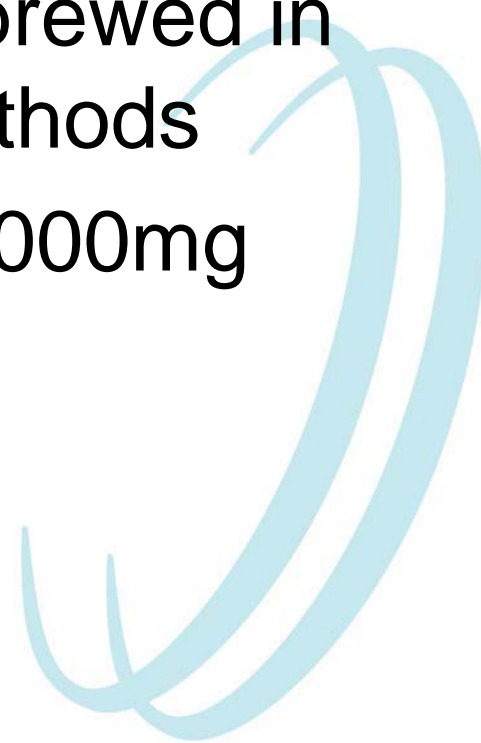
Results

- Patients were drinking 1-8 cups of tea daily
- Cup size ranging from 100-350ml
- Split between 'made in cup' vs 'brewed in pot' or a combination of both methods
- Estimated oxalate intake up to 8000mg soluble oxalate/day



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Recommendations

- Introduce Rooibos tea as an alternative to black tea
- Restrict black tea to 4 cups per day
- 58% provided positive feedback with the majority of patients willing to change to Rooibos tea
- We have updated our dietary advice to include this recommendation



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