

Dietary and Medication Q&A Webcast - ZOOM CHAT LOG

24.07.2024

19:51:51 From [REDACTED] to Everyone:

Please can you repeat the name of the plasma B12 test

19:54:05 From [REDACTED] to Everyone:

I think us pouches have a tendency to blame lots of things on low B12. What are the recognised symptoms of low B12?

19:54:53 From [REDACTED] to Everyone:

How do I get to see someone at st marks?

19:56:24 From **Gary Bronziet** to Everyone:

There is a good article on our website about B12 deficiency, Have a look at pouchsupport.org/faqs which mentions symptoms

19:56:38 From [REDACTED] to Everyone:

Reacted to "There is a good ar..." with 👍

19:57:01 From **Uchu Meade** to Everyone:

Low vitamin B12 (cobalamin) can cause a range of symptoms, which can be subtle and develop gradually. Recognized symptoms of low B12 include:

- *Neurological Symptoms*
 - *Tingling and Numbness: Particularly in the hands and feet.*
 - *Balance Problems: Difficulty in walking or maintaining balance.*
 - *Cognitive Impairment: Memory loss, difficulty thinking clearly, or confusion.*
 - *Mood Changes: Depression, irritability, or other mood disturbances.*

19:57:01 From [REDACTED] to Everyone:

Reacted to "There is a good arti..." with 👍

19:57:18 From **Uchu Meade** to Everyone:

Symptoms of Vitamin B12 deficiency

- *Hematological Symptoms*
 - *Anemia: Fatigue, weakness, shortness of breath, and pale or jaundiced skin.*
 - *Pallor: Pale skin due to decreased red blood cell count.*
- *Gastrointestinal Symptoms*
 - *Loss of Appetite: Decreased interest in eating.*
 - *Weight Loss: Unintentional weight loss.*
 - *Glossitis: Inflammation of the tongue, which may appear swollen and red.*
 - *Mouth Ulcers: Painful sores inside the mouth.*

19:57:32 From **Uchu Meade** to Everyone:

- *Other Symptoms*
 - *Palpitations: Irregular heartbeats.*
 - *Shortness of Breath: Especially during physical activity.*

- *Vision Disturbances: Blurred or double vision due to optic nerve damage.*
- **Severe Cases**
 - *Demyelination: Damage to the protective covering (myelin) of nerves, which can lead to severe neurological symptoms.*
 - *Pernicious Anemia: An autoimmune condition that affects the absorption of B12.*

19:57:45 From **Uchu Meade** to Everyone:

- *Who is at Risk?*
- *Certain groups are at higher risk for B12 deficiency:*
- *Older Adults: Reduced stomach acid production can affect absorption.*
- *Vegetarians and Vegans: B12 is primarily found in animal products.*
- *Individuals with Gastrointestinal Disorders: Conditions like Crohn's disease or celiac disease can affect B12 absorption.*
- *People who have had Gastric Surgery: Such as weight loss surgery or other stomach resections.*
- *Long-term Users of Certain Medications: Such as proton pump inhibitors, H2 blockers, and metformin.*
- *If you suspect you have a B12 deficiency, it is essential to consult with a healthcare provider for proper diagnosis and treatment.*

19:57:59 From **Uchu Meade** to Everyone:

Replying to "I think us pouches h..."

please see below

19:58:20 From **Uchu Meade** to Everyone:

Replying to "How do I get to see ..."

As for your GP to refer you

19:58:34 From **Uchu Meade** to Everyone:

Reacted to "There is a good arti..." with 👍

19:58:47 From [REDACTED] to Everyone:

Replying to "How do I get to see ..."

Thank you

19:58:55 From [REDACTED] to Everyone:

Are you more of risk of deficiency after pouch redos?

20:01:51 From **Uchu Meade** to Everyone:

Replying to "Are you more of risk..."

this depends on how much of your small bowel has been used to redo your pouch, also the new pouch will go through the period of adaptation

20:01:54 From **Gary Bronziet** to Everyone:

pouchsupport.org/faqs/

20:02:15 From [REDACTED] to Everyone:

Reacted to "pouchsupport.org/f..." with 👍

20:03:05 From [REDACTED] to Everyone:

Reacted to "Low vitamin B12 (cob..." with 👍

20:04:06 From **Gary Bronziet** to Everyone:

<https://pouchsupport.org/portfolio/recommended-annual-blood-tests-for-pouch-patients/>

20:05:36 From **Gabriela Poufou** to Everyone:

Reacted to "Low vitamin B12 (cob..." with 👍

20:08:58 From [REDACTED] to Everyone:

Is there a way to find out how impaired your absorption is?

20:12:59 From **Gary Bronziet** to Everyone:

things like peas, sweetcorn, mushrooms.....quite common that these pass undigested....

20:15:27 From [REDACTED] to Everyone:

What advice would you give for taking charcoal please

20:16:29 From [REDACTED] to Everyone:

Why can I tolerate unhealthy food better than healthy food?

20:19:57 From **Gabriela Poufou** to Everyone:

have alongside 150ml of fluid/tbsp. Sometimes it might make you feel less hungry- as many fibres do so if it does start with half a dose. ½ tbsp/day (3g) and slowly increase to 1tbsp/day in the second week can increase up to 3 tbsp/day if useful and tolerated . if no improvement for one month- stop. I tend to ask my patients to start with ½-1 tsp rather than tbsp if the gut is super sensitive

20:20:33 From **Gabriela Poufou** to Everyone:

Start slow, have 1/2 tsp-1 tsp daily for 1 week and slowly titrate by an extra 1/2-tsp per week if you are experiencing symptoms.

20:20:40 From [REDACTED] to Everyone:

Any advice with regard to excessive gas causing more frequent and urgent pouch emptying?

20:23:10 From **Uchu Meade** to Everyone:

Replying to "Is there a way to fi..."

different substances are absorbed in different areas of the small, so it's hard to have a standard test. We would monitor the outcomes of anything we give, e.g. blood levels for vitamins and minerals or outcomes of drug e.g. monitor blood pressure if prescribed a medication to lower blood pressure

20:24:00 From [REDACTED] to Everyone:

Replying to "Is there a way to fi..."

Thank you

20:25:23 From **Uchu Meade** to Everyone:

Replying to "What advice would yo..."

Can I ask what is the indication of it's use?

20:26:58 From [REDACTED] to Everyone:

Replying to "What advice would yo..."

Janindra mentioned it for gas reduction

20:32:18 From **Gabriela Poufou** to Everyone:

Swap high fodmap fruits like stone fruits- cherries, apricots, berries dates, figs, mango, peaches, prunes, plums watermelon, >100ml of fruit juice to blueberries,

clementines, honeydew melon, gapes, kiwis, lemons, lime oranges, strawberries.

Remember: 1 piece of fruit per sitting i.e. 80g fresh or 30g dried or 100ml fluid juice

Swap legumes, pistachio nuts and cashews to fresh meat, fish, chicken, eggs, tofu, walnuts/brazil nuts. Thoroughly rinse and wash tinned legumes – use small servings ie. ¼ cup in one sitting

Particularly tinned chickpeas, butterbeans adzuki beans are better tolerated or ½ cup of tinned lentils

Swap honey to maple syrup or limit bread/cous cous/semolina to 1 slice per sitting 3x day or swap to quinoa rice buckwheat millet oats polenta or sourdough spelt

20:33:02 From **Gabriela Poufou** to Everyone:

Reduce foods that are high in fermentable carbohydrates (legumes, broccoli, apples/pears) replace things like onion, cabbage, cows milk

With artichokes, asparagus, broccoli, brussel sprouts, cauliflower, onions, garlic, leeks, mushrooms white spring onion part and swap to aubergines carrots chives courgettes, cucumber, green beans, peppers, spinach, potatoes, pickled garlic and onion, green part of spring onion, hing (asafoetida)

20:33:14 From [REDACTED] to Everyone:

Boots pharmacy sell a brand called Wind settlers gel capsules with 100mg simethicone

20:36:46 From **Gary Bronziet** to Everyone:

The st. marks emix recipe is on our web site!

20:37:17 From [REDACTED] to Everyone:

Looking at foods above, smoothies could problems. What would be safer ingredients for smoothies? Are protein powders ok?

20:39:55 From **Gabriela Poufou** to Everyone:

Replying to "Looking at foods abo..."

I wouldn't advise smoothies just made of fruits even if those are low in fermentability like citrus fruits or banana- because of the fructose load. I would aim to use something like 1 x fruit- low fermentable like banana- a choice of milk or dairy free or yoghurt- a spinach handful or oats and add cinnamon or maple syrup

20:40:00 From [REDACTED] to Everyone:

how effective are rehydration tablets? are there disadvantages with the?

20:40:23 From [REDACTED] to Everyone:

Regarding St Marks emix, I don't like it so use rehydration tablets are they the same?

20:40:37 From **Gabriela Poufou** to Everyone:

Replying to "Looking at foods abo..."

Protein powders are helpful if needed but I love smooth nut butters for their protein and energy

20:40:50 From [REDACTED] to Everyone:

Surgeons team recommended sport drinks, I feel it causes diarrhoea? Too much sugar?

20:41:37 From **Gabriela Poufou** to Everyone:
Replying to "Surgeons team recomm..."

yes! i would avoid high sugar drinks and choose isotonic sport drinks instead

20:41:51 From **Gary Bronziet** to Everyone:
<https://pouchsupport.org/are-you-getting-enough-hydration-how-to-make-st-marks-solution/>

20:42:13 From [REDACTED] to Everyone:
Replying to "Surgeons team recomm..."
Thank you

20:42:26 From **Gabriela Poufou** to Everyone:
Too high sugar drinks would draw in more water in the bowel- the small bowel which is intact without the colon present taking on the job of hydration and relies on something called glucose-sodium transporter- think of it as a lock and key thing- you need both keys of sodium and glucose to turn the key and bring fluid from the small bowel to the body.

20:43:03 From **Gabriela Poufou** to Everyone:
Replying to "Surgeons team recomm..."

isotonic drinks tend to have more of a balance

20:43:10 From **Gabriela Poufou** to Everyone:
Replying to "Surgeons team recomm..."

(Sodium and glucose)

20:43:43 From [REDACTED] to Everyone:
Replying to "Surgeons team recomm..."

Glucose powder is available online in 500g packs @ expresschemist for example

20:45:13 From [REDACTED] to Everyone:
Reacted to "Glucose powder is av..." with 🙏

20:47:14 From [REDACTED] to Everyone:
I use elderflower mixture, a small amount of concentration - delicious!

20:48:40 From [REDACTED] to Everyone:
Can you please repeat how much sodium we need?

20:48:48 From **Gabriela Poufou** to Everyone:
Concentration of 90mmol/L sodium in St Marks E-mix-

20:48:57 From [REDACTED] to Everyone:
Reacted to "90mmol/L" with 👍

20:50:49 From **Uchu Meade** to Everyone:
Reacted to "I use elderflower mi..." with ❤️

20:53:14 From [REDACTED] to Everyone:
I did mean in the emix, so I can compare to the ors tablets I use

20:53:55 From [REDACTED] to Everyone:
Ok will try emix again!

20:55:09 From [REDACTED] to Everyone:

Few months out from reversal, mostly smoothies, toast and soups etc - is it important to move away from very blended diet?

20:56:55 From **Uchu Meade** to Everyone:

Reacted to "Few months out from ..." with 🙌

20:56:57 From **Uchu Meade** to Everyone:

Removed a 🙌 reaction from "Few months out from ..."

20:57:06 From **Uchu Meade** to Everyone:

Reacted to "Ok will try emix aga..." with 👍

20:57:29 From **Uchu Meade** to Everyone:

Reacted to "nothing to do with B..." with 😬

20:58:59 From [REDACTED] to Everyone:

Maybe out of scope of this evenings discussion but - Any thoughts/experience about the use of Biological Antibody Treatments for Pouchitis - e.g. Adalimumab? I understand they act as an immunosuppressant.

20:59:26 From **Uchu Meade** to Everyone:

Forceval is a brand of multivitamin and mineral supplements designed to provide a comprehensive range of essential nutrients. It is often used to address nutritional deficiencies, particularly in people who may not be getting enough vitamins and minerals from their diet alone. Here are some key points about Forceval:

20:59:42 From **Uchu Meade** to Everyone:

Composition

Forceval typically contains a wide array of vitamins and minerals, including:

Vitamins:

- *Vitamin A*
- *Vitamin B1 (Thiamine)*
- *Vitamin B2 (Riboflavin)*
- *Vitamin B3 (Niacin)*
- *Vitamin B5 (Pantothenic acid)*
- *Vitamin B6 (Pyridoxine)*
- *Vitamin B12 (Cobalamin)*
- *Vitamin C*
- *Vitamin D*
- *Vitamin E*
- *Vitamin K*
- *Folic Acid (Vitamin B9)*
- *Biotin (Vitamin B7)*

Minerals:

- *Calcium*
- *Iron*
- *Magnesium*
- *Zinc*
- *Iodine*
- *Selenium*
- *Copper*
- *Manganese*
- *Chromium*

○ Molybdenum

21:00:48 From **Gabriela Poufou** to Everyone:
Replying to "Few months out from ..."

Yes. Its important to avoid long periods and go slowly towards introducing whole foods. Lots of great evidence coming for mediterranean diet

21:01:27 From [REDACTED] to Everyone:

Low levels of Ferritin >15 any supplement that does not cause diarrhoea or symptoms

21:02:04 From [REDACTED] to Everyone:

Really enjoyed the chat thank you, will definitely be at the next one!

21:03:13 From [REDACTED] to Everyone:

Thank you for this evening. I am a soon to be ex pouchie but having a perm ileostomy, it has been very helpful

21:03:53 From [REDACTED] to Everyone:

Thanks so much, great chat. Appreciate all the info 🙏

21:04:30 From [REDACTED] to Everyone:

Reacted to "Yes. Its important t..." with ❤️

21:04:33 From **Gary Bronziet** to Everyone:

There is a roadmap for management of obstructions produced by pouch nurses.....on our faqs

21:04:48 From **Gabriela Poufou** to Everyone:

Replying to "Thank you for this e..."

I hope everything goes well and remember lot of the principles might still apply- food/fluid with a stoma

21:06:12 From [REDACTED] to Everyone:

Thank you for a brilliant session. Your time is much appreciated

21:06:32 From [REDACTED] to Everyone:

Thank you all very much for your time and information - it is much appreciated.

21:06:41 From [REDACTED] to Everyone:

Soooo helpful. Thank you

21:06:47 From **Gabriela Poufou** to Everyone:

It was a pleasure! Thank you everyone for your time!

21:06:58 From [REDACTED] to Everyone:

Replying to "Thank you for this e..."

Absolutely! Thank you again x

21:07:09 From **Uchu Meade** to Everyone:

Thank you for the invite, see you next time :-)

21:07:12 From [REDACTED] to Everyone:

Thank you both for your time, very much appreciated

21:15:07 From **Gary Bronziet** to Everyone:

[youtube.com/@pouchsupport](https://www.youtube.com/@pouchsupport)