

PEP uP

Increased protein and energy delivery

Did you know?

Besides NPO, there are **TWO** options on the **PEP uP PROTOCOL**:

1. **Volume-based feeds** (most patients)
2. **Trophic feeds** (unstable patients)

What about NPO?

- Use only when enteral nutrition is contraindicated (patients with bowel perforation or obstruction, or proximal high output fistulas)
- Reassess daily to see if feeding can be started

It's Time to Get Pepped Up!

For more information, contact: _____



A collaboration of:



**Critical Care
Nutrition**



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