

**Title:** The Effects Of Relizorb On Cystic Fibrosis Patients Requiring Nocturnal Enteral Feedings

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**Objectives-** This study evaluated the effects of Relizorb™, a digestive enzyme cartridge designed to hydrolyze fats in enteral feeds, on gastrointestinal (GI) symptoms, vitamin D absorption, and weight status in patients with cystic fibrosis (CF) requiring nocturnal enteral feeds.

**Design-** Case Series With A Nested Cross-Sectional Survey

**Methods and Instruments-** A retrospective chart review of 18 CF patients before and after beginning Relizorb was undertaken to compare weight and vitamin D status at several intervals. Patient surveys were administered assessing: frequency of common GI symptoms associated with malabsorption before and after beginning Relizorb, and the method in which enzymes were taken prior to Relizorb.

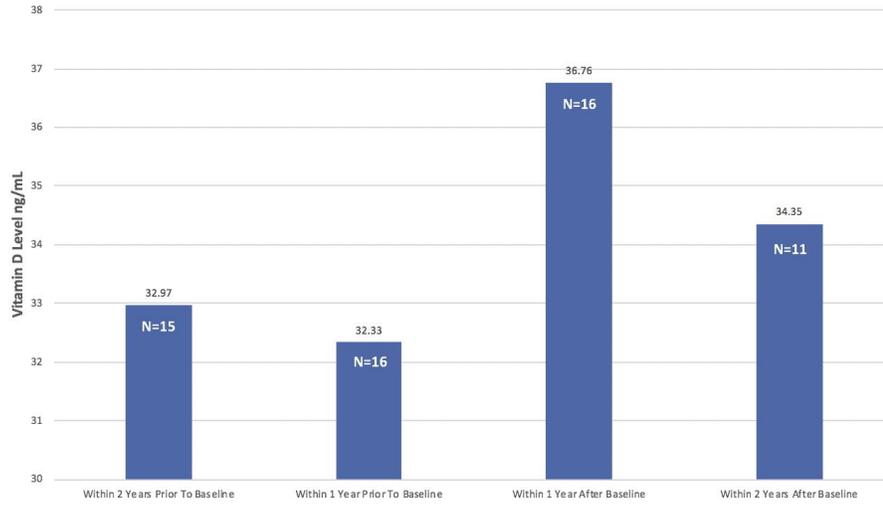
**Results-** Eleven out of 18 patients completed the survey. The five most common malabsorption-related GI symptoms reported decreased or resolved after beginning Relizorb. Previous methods for taking enzymes included crushing them into feeds or taking them before feeds. In patients aged 0-2 (n=2), one patient experienced a 63% increase in weight/length percentile within three months on Relizorb. In patients aged 2-20 (n=12), median BMI percentile for females increased within three months of starting Relizorb and was maintained at 12 months (n=3). Median BMI percentile for males did not show a similar trend (n=9). In patients aged 20 and older (n=4), mean increase in BMI was 2.2 kg/m<sup>2</sup> within 12 months on Relizorb. Among the entire sample (n=18), vitamin D levels increased by a mean difference of +3.84 ng/ml.

**Conclusions-** Relizorb appears favorable compared to enzyme usage to improve weight, vitamin D levels, and GI symptoms in this patient population.

**Conflict Of Interest:** None.

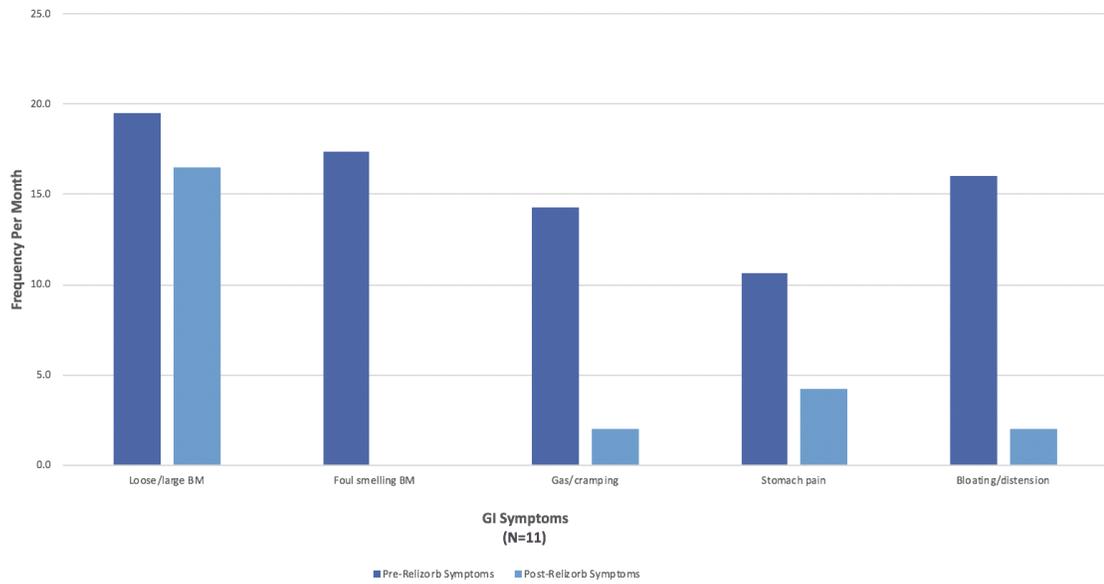
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### Average Vitamin D Trends



Time At Which Levels Were Evaluated

### Frequency of Top 5 GI Symptoms



GI Symptoms (N=11)

■ Pre-Relizorb Symptoms ■ Post-Relizorb Symptoms