

Standard Operating Procedure (SOP)

# PROVISION OF WATER AND NUTRITION FOR ADULT HAEMATOLOGY PATIENTS

<b>SETTING</b>	Inpatient wards at Bristol Royal Infirmary (BRI), Bristol Heart Institute (BHI) and Adult Critical Care.
<b>FOR STAFF</b>	Dietitians, medical staff, nursing staff and hotel services staff
<b>ISSUE</b>	This SOP has been established to ensure safe provision of food and fluids to adult haematology inpatients <b>from hospital menu</b> .

## Standard Operating Procedure (SOP)

This procedure has been produced to assist all ward staff outside the Bristol Haematology and Oncology Centre (BHOC) to provide the correct foods for haematology patients following a clean diet. As a result of their treatment these patients have dramatically reduced numbers of white blood cells. This is called neutropenia. Their immune system is compromised and they are at increased risk of infection. Following a clean diet reduces the risk of infection from food. Below is a summary of the key points. For full details please refer to the related documents listed below.

Food from the **main BRI, BHI and Adult Critical Care hospital menu** at breakfast, lunch and dinner is safe unless listed below. Individually wrapped biscuits and cakes **that do not contain nuts** from the ward snack trolley are suitable. Other items should be checked in the related documents below.

If visitors wish to bring in additional **food** these should comply with Trust policy and be in line with any advice given by the dietitian.

<b>Hospital menu key points: Allogeneic transplant patients</b>	
<b>Avoid</b>	<b>Allowed</b>
Tap water	Cooled boiled tap water Sterile water to flush feeding tubes
Ice cubes made with tap water	Ice cubes made from boiled tap water
Still bottled water	Small bottles of sparkling water, squash, fizzy drinks & nutritional supplements e.g. Fortisip
Salads	
Sandwiches containing egg, prawn, seafood, salad or coleslaw	Sandwiches containing cheese, turkey, pork chicken, tuna, beef, ham tinned salmon, corned beef, pickle, hospital supplied mayonnaise or salad cream
Black and white pepper	Salt, sachets of hospital supplied mayonnaise, salad cream, tomato or brown sauce, vinegar
Skin on jacket potato	Inside of jacket potato (Staff to remove skin before serving)
Unwashed, unpeeled raw fruit. Uncooked dried fruit	Well washed peeled fruit, tinned fruit, cooked fruit e.g. in crumble

Breakfast cereals containing dried fruit or nuts e.g. muesli	Breakfast cereals which do not contain fruit or nuts
Bio yoghurts, probiotic yoghurts	Pasteurised non bio, non-probiotic yoghurts
Hot frothy milky drinks from cafes e.g. cappuccino, hot chocolate	Tea, instant coffee, sachets of hot chocolate or malted drinks
Ice cream (permitted portions of sealed ice cream can be obtained from BHOC)	Sugar and portions of jam, marmalade or honey
<b>Hospital menu key points: Autologous transplants and high dose chemotherapy patients</b>	
<b>Avoid</b>	<b>Allowed</b>
Still bottled water	Tap water
	Small bottles of sparkling water, squash, fizzy drinks & nutritional supplements e.g. Fortisip
Salads	
Sandwiches containing egg, prawn, seafood, salad or coleslaw	Sandwiches containing chicken, turkey, pork, beef, ham, cheese, tuna, tinned salmon, corned beef, pickle, hospital supplied mayonnaise or salad cream
Black and white pepper	Salt, sachets of hospital supplied mayonnaise, salad cream, tomato or brown sauce, vinegar
Skin on jacket potato	Inside of jacket potato (Staff to remove skin before serving)
Unwashed raw fruit. Uncooked dried fruit	Well washed fruit, tinned fruit, cooked fruit e.g. in crumble
Breakfast cereals containing dried fruit or nuts e.g. muesli	Breakfast cereals which do not contain fruit or nuts
Bio yoghurts, probiotic yoghurts	Pasteurised non bio, non-probiotic yoghurts
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Ice cream (permitted portions of sealed ice cream can be obtained from BHOC)	Sugar and portions of jam, marmalade or honey

**RELATED DOCUMENTS**

Bristol Haematology and Oncology Centre Hotel Services Department: Food safety guidelines for clean diets: inpatients and outpatients.

Eating safely: Guidelines for adults undergoing an allogeneic stem cell transplant (patient leaflet)

<http://nww.avon.nhs.uk/dms/download.aspx?did=11344>

Eating safely: Guidelines for those at risk of neutropenia (patient leaflet)

<http://nww.avon.nhs.uk/dms/download.aspx?did=8417>

**SAFETY**

Failure to follow clean diet guidelines may result in an increased risk of infection to patients.

**QUERIES**

Contact BHOC