

# Sipping

**Sipping** (*from the English sip*) is a form of enteral nutrition in patients at risk of malnutrition, cancer patients, the elderly. It has a positive effect on wound healing and overall convalescence in long-term patients.

## Objectives sipping

It is mainly a supplement of the organism:

- **proteins,**
- **energy,**
- **vitamins,**
- **minerals.**

Today, you can choose from several types of flavors - fruit, coffee, yogurt, but also without flavors.

In our market, we can find **Nutridrink, Fresubin, Cubitan, Ensure a Resource**. Sipping preparations are not only liquid drinks but also cream puddings.

## Observance of the principles at sipping correct

It is a need:

- inform the patient about the reason and benefits of sipping;
- let the patient choose the flavor - the patient must taste the drink, otherwise, he will not drink it;
- to choose the right product for diabetics - *Diben, Diasip*;
- sipping - drinking, the drink is drunk in sips, in spoons with pauses, never all at once (risk of bloating, stomach upset, or diarrhea);
- it is important to drink within one hour (125-200 ml);
- control the effect or side effects;
- serve a cold drink;
- sipping is good to take between meals, 2-3 times a day.

## References

### Related Articles

- Nutritional support
- Malnutrition

### External links

- *Nutrition in disease* (<http://www.vyzivavnemoci.cz>)

### References

- POKORNÁ, Andrea. *Ošetřovatelství v geriatrii : Hodnoticí nástroje*. 1. edition. Grada, 2013. pp. 65 – 68. ISBN 8024787695.