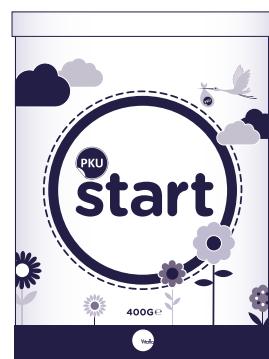




## A Parent's Guide to

**PKU**  
**start**

For use alongside standard  
infant formula



## Important Contacts

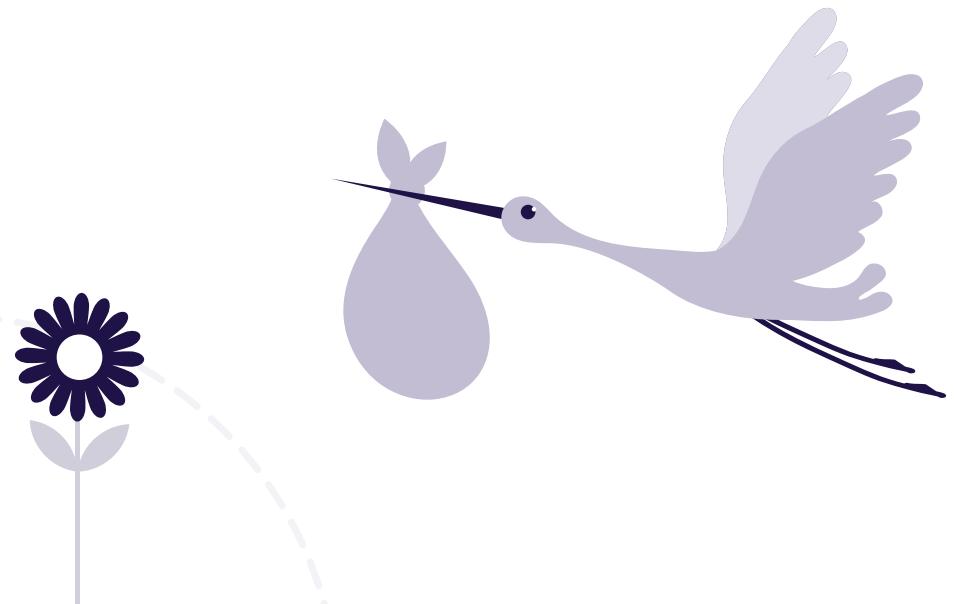
Name	Contact Number

## What is PKU start?

**PKU start** is a phenylalanine-free\* formula suitable for infants with Phenylketonuria (PKU). It provides the 'safe' protein without the Phenylalanine (Phe).

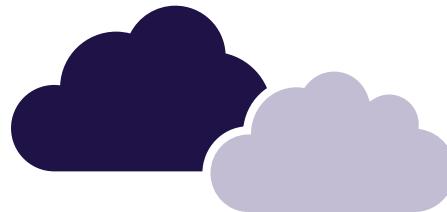
Your little one will be taking **PKU start** alongside standard infant formula. As your baby must restrict the amount of standard infant formula they consume, taking **PKU start** ensures they get all the nutrients they need. Your dietitian will advise you on how to feed your baby, the amount of **PKU start** and standard infant formula they require and how often they should be fed.

If you have any questions about feeding your baby, you should always speak to your dietitian.



# Feeding Plan

This will be completed by your dietitian.



# How to Prepare PKU start

**PKU start** is easy to prepare and made the same way as standard infant formula. It is important to carefully follow the instructions on the can, which are outlined below to help you.

## Preparation Instructions

Only prepare one bottle at a time. Use only the scoop provided inside the can.

Follow the preparation guidelines carefully. Incorrect preparation can make your baby ill.



1 Wash hands well.



2 Sterilise feeding equipment according to manufacturer's instructions.



3 Boil fresh water and leave to cool for no more than 30 minutes to ensure it remains at a temperature of at least 70°C. Do not use artificially softened water or repeatedly boiled water.



4 Measure out the required amount of water into the bottle.



5 Using the scoop provided in the can, add the prescribed number of scoops of **PKU start** to the water, levelling each scoop with the back of a clean dry knife. Do not press the powder into the scoop.



6 Place the sterilised teat and cap on the bottle and shake well until all the powder has dissolved.



7 Cool to drinking temperature (approx. 37°C.) Always test the temperature before feeding by shaking a few drops onto the inside of your wrist – the feed should feel warm but not hot.



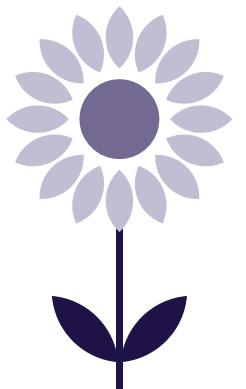
## Important Information

- Any formula remaining in the bottle after 1 hour should be discarded.
- Do not reheat **PKU start** once feeding has started.
- Do not heat **PKU start** in a microwave as uneven heating may occur and could cause scalding.
- Do not boil **PKU start**.
- Infants should always be supervised when feeding.

## Storage

Once opened, **PKU start** should be used within 3 weeks. After this time, any unused product should be discarded.

Always replace lid after use.



# Frequently Asked Questions

Does PKU start provide all the nutrients that my baby needs?

**PKU start** has been specifically formulated to have a similar nutritional profile to standard infant formula (without the Phe). **PKU start** along with standard infant formula will provide all the nutrients your baby needs.

How much PKU start should I give my baby?

As **PKU start** is given alongside standard infant formula, your dietitian will advise on how much **PKU start** and standard infant formula to give your baby. Your dietitian will consider the age, weight and blood Phe of your baby.

Can I make up PKU start in advance?

No, **PKU start** should always be made and consumed straight away. It might be helpful to keep boiled water over 70°C in a vacuum flask - this will mean you can prepare it without having to use a kettle when away from home. Any unused **PKU start** remaining in a bottle should be discarded after one hour.

How long can I keep a can of PKU start open for?

Once opened, **PKU start** should be used within 3 weeks. After this time, any product left in the can should be discarded. Always replace the lid after each use.

How do I get PKU start?

It is important to register your baby with a GP as soon as they are diagnosed with PKU in order to obtain regular supplies of **PKU start**. You will need a prescription and either collect it from a pharmacy or it can be delivered to you by Vitaflo at Home®, our free home delivery service. Your dietitian will be able to register you to receive home delivery.

What do I do if I am running out of PKU start and will need more soon?

Your dietitian will advise on the quantity of **PKU start** your baby needs. If you find you are running out of stock earlier than anticipated, you should contact your dietitian immediately.

Do I need to sterilise feeding equipment when using PKU start?

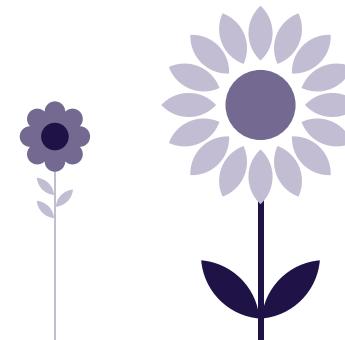
Yes, up to 1 year of age any equipment (e.g. bottles, teats) used to give **PKU start** should be sterilised. You should use hot, soapy water and brushes to clean everything, rinse them in cold water and then sterilise them by following the manufacturer's instructions on the sterilising solution/steriliser.

I need to make two different types of formula - how can I make this easier for myself?

You may find it useful to use two different coloured bottles; one for **PKU start** and the other for standard infant formula. You could also label the different bottles.

What should I do if my baby will not take PKU start?

If they refuse **PKU start**, you should contact your dietitian immediately and they will advise you on what to do. It is helpful to keep a record of all the **PKU start** and standard infant formula your baby takes over 24 hours. Sometimes trying different teat sizes and types may help. Alternatively, you could try holding your baby in a different position and winding them before offering the bottle again.



# Vitaflo® Services You May Find Useful



## A free home delivery service

We have teamed up with Healthcare at Home, the UK's largest home healthcare provider, to deliver Vitaflo products directly to you each month.

### • Customer Care Co-ordinators

A dedicated team will support the Vitaflo at Home® service with a Freephone helpline, Monday to Friday 8am – 6pm\* to answer all queries on product deliveries.

### • Prescription ordering service

Customer Care Co-ordinators will contact your GP directly each month and organise a prescription for Vitaflo products to be sent directly to Vitaflo at Home.

### • Product delivered directly to home

This eliminates the need to collect product from the pharmacy each month. What's more, deliveries can be made to whatever address suits best – home, place of work or other chosen address.

A delivery will be made every four weeks, on an agreed day and to an agreed location, between 8am – 6pm Monday – Friday. Alternatively, an evening or Saturday morning delivery may be possible, depending on location.

\*excluding public holidays.

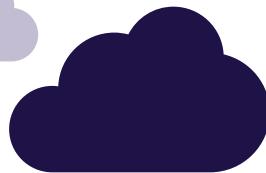
# Vitafriends Explorers Club

## An education programme for families managing PKU

Vitaflo has an education programme to help support your family as you begin your PKU journey. Designed to complement the information provided by your dietitian, you will be sent age specific information to help you manage the low Phe diet. As your child grows up, you will also receive fun, educational material to help them understand their diet and appreciate the importance of good dietary management.

For information about how to register for this programme please speak to your dietitian or email [Vitafriends@vitaflo.co.uk](mailto:Vitafriends@vitaflo.co.uk) to request a registration form.





**PKU start** is a phenylalanine-free\* formula suitable for infants with Phenylketonuria (PKU).

**PKU start** is a food for special medical purposes and must be used under medical supervision. For the dietary management of PKU from birth.

Refer to labels for allergen and other product information.

\*No added phenylalanine. Phenylalanine may be present in trace amounts from other ingredients (<10mg/100g; <1.5mg/100ml reconstituted product)



Innovation in Nutrition  
**A Nestlé Health Science Company**

\*Reg. Trademark of Société des Produits Nestlé S.A.

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182 Sefton Street, Brunswick Business Park, Liverpool, L3 4BQ, UK



Website: [www.VitafriendsPKU.co.uk](http://www.VitafriendsPKU.co.uk)  
[facebook.com/VitafriendsPKU.uk](https://facebook.com/VitafriendsPKU.uk)