

DESCRIPTION

OptiFibre® is a powdered soluble dietary fibre that mixes easily in hot and cold liquids and foods without affecting texture or taste. It can be successfully administered via a PEG (Percutaneous Endoscopic Gastrostomy) tube. It is a nutritionally incomplete Food for Special Medical Purposes for use under medical supervision. For the dietary management of patients with intestinal transit disorders.

PRESENTATION

16 x 5g sachets (80g box) or 250g tins with re-sealable lid, 6 tins per case.

INDICATIONS

ACBS approved, prescribable on FP10 (GP10 in Scotland) for the following indications: short bowel syndrome, intractable malabsorption, pre-operative preparation of patients who are undernourished, patients with proven inflammatory bowel disease, following total gastrectomy, bowel fistulae, disease related malnutrition.

INGREDIENTS

Partially Hydrolysed Guar Gum (this is a low viscous galactomannan, which has been produced by controlled partial enzymatic hydrolysis).

SHELF LIFE AND STORAGE

Tin: Shelf life 24 months. Close tin tightly after each use and store in a cool, dry place. Once opened, use within 8 weeks.

Sachet: Shelf life 24 months. Store in a cool, dry place.

All prepared products should be used immediately, or within 24 hours if refrigerated. Discard any unfinished heated product.

CONTRAINDICATIONS

Total dietary fibre intake should not exceed 35g per day.¹

PRECAUTIONS

The addition of fibre can cause distension, bloating or flatulence. If this occurs during the initial phase of intervention, decrease the dosage and slow down the addition of the product. Suitable for children above 3 years of age. Unsuitable as a sole source of nutrition. For optimal solubility, do not use in carbonated drinks or sparkling water.



References: 1. Klosterbuer et al. Nutr Clin Pract 2011, 26: 625. 2. Scientific Advisory Committee on Nutrition. Carbohydrates and Health. The Stationery Office. London. 2015. 3. Williams CL et al. Pediatrics, 1995, 96: 985-8.



ADMINISTRATION AND DOSAGE

This product is for oral consumption or via PEG. Not for parenteral use.

Add 1 level scoop or 1 sachet (~ = 5 g OptiFibre® ~ = 4.3g soluble fibre) to 200ml of liquid or 150g of food. Stir until the powder is fully dissolved.

The addition of OptiFibre® to the diet should be gradually increased to suit individual requirements: 5-20g of the product is recommended per day, or as recommended by a healthcare professional. For children, fibre intakes recommended by SACN are summarised below². Alternatively for children from 3 to 10 years of age the fibre requirement may be calculated by adding 5 to 10g to the child's age, e.g. 5 years + (5 to 10g) = 10 to 15g fibre per day.³

Recommended fibre intakes for children²

Age group	Recommended fibre intake per day (g)
2-5 years	15
5-11 years	20
11-16 years	25
16-18 years	30

Day 1 to Day 3

Add 1 scoop/sachet to tea, coffee, cold fluids or foods. **For children, it is recommended to start with half a scoop per day.**

Day 4 to Day 6

Increase to 2 scoops/sachets staggered throughout the day. Patients who are being switched from another fibre supplement should reduce this to 50% of their current dosage. If a mixture of laxatives⁺ is being used, reduce both by half; do not stop one completely. **For children, increase by half a scoop if required.**

Day 7 to Day 9

Increase to 3 scoops/sachets staggered throughout the day. Patients who are being switched from another fibre supplement or laxatives⁺ should discontinue these products. **For children, increase to two scoops per day if required.**

Day 10 to Day 12

Increase to 4 scoops/sachets per day staggered throughout the day.

Guidelines for the use of OptiFibre® via a PEG

- Add 1 scoop or 1 sachet to 200ml of water^{**}. Mix until the powder has dissolved. Administer the liquid mixture via the PEG as directed by the healthcare professional.
- When OptiFibre® is administered via a PEG, it is important to flush the feeding tube before and after the addition of the liquid mixture containing OptiFibre®.

1 serving = 1 scoop (contained in 250g tin) or 1 sachet.

1 scoop provides 4.3g of soluble fibre.

NB: If on a fluid restriction, it is possible to add 1 scoop or 1 sachet of OptiFibre® to less liquid. The minimum amount of liquid is 100ml.

NUTRITION INFORMATION

Typical values	Per 100g	Per 5g serving
General		
Energy kJ/kcal	816/202	41/10
Fat (0% kcal) g	0	0
of which saturates g	0	0
Carbohydrate (12% kcal) g	6	0.30
of which sugars* g	6	0.30
Fibre (85% kcal) g	86	4.3
Protein (3% kcal) g	<1.5	<0.075
Salt g	<0.5	<0.025
Minerals		
Sodium mg/mmol	<200/8.7	<10/0.43
Potassium mg/mmol	<500/13	<25/0.65

*With no added sugars. Contains naturally occurring sugars.

+According to clinical discretion

**If the liquid mixture is to be administered as a bolus via an enteral feeding syringe, boiled, cooled tap water can be used to mix the OptiFibre®.



FOR HEALTHCARE PROFESSIONAL USE ONLY

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