

Managing Side Effects to K.Vita

Handy Hints



When you are prescribed K.Vita, your healthcare professional will advise how much to have and when to take it, and provide an introduction plan to follow.

Your plan will start with a small amount of K.Vita. This will increase gradually, day by day, week by week, until you reach the end of the plan.

The medium chain triglycerides (MCT) in K.Vita can cause symptoms of gastrointestinal intolerance (see below), especially if taken in large amounts at first. The most likely time for side effects to occur is during the introduction of K.Vita, although they can happen afterwards, and not everyone will experience them.

To help avoid or minimise side effects it is important to:

- Always take K.Vita with food, preferably a meal. This will help your body digest MCT
- Follow the introduction plan carefully. This will also help you get used to taking K.Vita regularly as part of your daily routine



What to Look Out For

Symptoms that may occur when introducing and taking K.Vita:



What to do if side effects occur

Any side effects are usually mild and disappear over time. It is a good idea to record any K.Vita related issues or side effects in the comments section on your introduction plan to help you keep track of when they occurred. If you do get any symptoms, trying one or more of the following may help to improve your tolerance of K.Vita:



Check you are always taking K.Vita with food, preferably as part of a meal, and that you are following your introduction plan.

Plan 1: Introduction of ONE pack (120ml) daily over 4 weeks, taking K.Vita 3 times each day

Starting date:	Breakfast ✓ or X	Lunch ✓ or X	Dinner ✓ or X	Comments: for example, side effects (what and when), why the amount was not taken
Week 1	Day	10ml	10ml	10ml
10ml x 3 (Daily total: 30ml)	1			
	2			
	3			
	4			
	5			
	6			
	7			
Week 2	Day	20ml	20ml	20ml
20ml x 3	8			
	9			
	10			
	11			
	12			

Early symptoms: If you are early on in your introduction plan, for example, the first few days or week, take a one or two-day break, then restart from the beginning.



Ongoing symptoms: If side effects persist for more than one or two days, go back a day or two in the introduction plan or to when the symptom(s) first occurred. Keep giving that amount until things improve. Then, start increasing again, according to your plan.

		Breakfast ✓ or X	Lunch ✓ or X
	Day	10ml	10ml
	1		
	2		
	3	✓	
	4	✓	
	5	✓	
	6		
	7		

10ml x 3
(Daily total 30ml)

Slow the introduction: Try making increases of K.Vita more slowly, for example, every two or three days instead of every day. If you have a printed booklet of introduction plans, try changing to a plan:

- over a longer duration, for example, 6 weeks instead of 4, or 8 weeks instead of 6
- for taking K.Vita 4 times each day instead of 3

Alternatively, ask your healthcare professional for a new, longer introduction plan



If side effects continue after trying these suggestions, or if you have other symptoms that seem to be related to K.Vita, contact your healthcare professional for advice.

Remember

- Not everyone will experience these side effects to K.Vita
- Gradually introducing K.Vita, having it regularly during the day and always taking it with food can help minimise any symptoms that may occur
- Side effects are usually mild and tend to resolve over time and with management



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