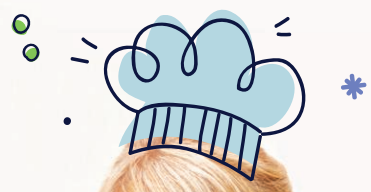




isosource®
Junior mix



THIS IS YOUR ISOSOURCE® JUNIOR MIX GUIDE
WHERE YOU WILL FIND ALL THE INFORMATION NEEDED
TO START FEEDING YOUR CHILD



WHY HAS MY CHILD BEEN GIVEN ISOSOURCE® JUNIOR MIX?

Isosource® Junior Mix has been recommended by your dietitian or doctor because your child:

- ✓ Is 1 year of age or older.
- ✓ Requires tube feeding to meet their nutritional needs.
- ✓ Has experienced symptoms including reflux (heartburn, burping), constipation or diarrhoea (watery poos) with other tube feeds.
- ✓ Is fully dependent on tube feeding and you are looking for a way to include “real food” in their diet.
- ✓ Is following a blended diet and you are looking for a convenient top-up or add-in.



MY CHILD IS ALREADY ON ANOTHER FEED - WHY SHOULD WE CHANGE TO ISOSOURCE® JUNIOR MIX?

Some children experience reflux (heartburn, burping), sickness, constipation or diarrhoea (watery poos) with standard tube feeds. A small trial showed Isosource® Junior Mix helped to improve reflux (heartburn, burping) and poo consistency in a group of tube fed children.

Children who are completely tube fed miss out on enjoying the same foods as their family at mealtimes. Isosource® Junior Mix is a pre-prepared feed which contains rehydrated chicken and vegetables, together with some fruit. It offers a good balance of ingredients for your child's diet.

Isosource® Junior Mix provides enough energy, protein, vitamins and minerals to support your child's growth and development. It can be used as the main form of nutrition, for top-up feeding or alongside a home-made blended diet.



Please ensure you speak to your dietitian or doctor if you are considering a home-made blended diet for your child.

HOW MUCH FOOD DOES ISOSOURCE® JUNIOR MIX CONTAIN?

1000mls of Isosource® Junior Mix Contains...

12g protein from rehydrated chicken and rehydrated peas and green beans.



This is the same amount of protein as:
1 grilled chicken breast (25g) + ½ serving of peas (40g) + ½ serving of green beans (40g)

5g of fibre from rehydrated fruit and vegetables.









This is the same amount of fibre as:
½ serving of peas (40g) + ½ serving of green beans (40g) + ½ a peach

1 ½ portions of your child's 5 a day



WHAT ARE THE BENEFITS OF ISOSOURCE® JUNIOR MIX?

The balance of food based ingredients and nutrients can have positive effects on your child's overall health and growth. The benefits of Isosource® Junior Mix include:

-  The use of “real food” has been shown to help with tolerance and reduce reflux (heartburn, burping) in tube fed children.
-  The blend of fruit and vegetables are packed with essential vitamins and minerals. Green beans and peas are a useful source of fibre which can help manage constipation by making poos softer and easier to pass.
-  The use of chicken provides a source of complete protein that your child needs for growth and the repair of body tissues.
-  Isosource® Junior Mix has been designed to meet the nutritional needs of your child through early childhood.
-  The feed is made to a consistency which flows easily through your child's feeding tube. It can be delivered using a feeding pump or via gravity.
-  The feed is Halal certified.

HOW DO I PREPARE ISOSOURCE® JUNIOR MIX?



1. Check the expiry date printed on the SmartFlex bottle. Isosource® Junior Mix should be stored unopened in a cool dry place. Do not store Isosource® Junior Mix in a garage or heated cupboards as this can cause the nutrients to spoil.



2. Shake well before use.



3. Allow Isosource® Junior Mix to get to room temperature before using the feed.



4. Wash your hands well.



5. Set up the equipment using a clean work area. Avoid touching the inside of the SmartFlex bottle, giving set or feeding tube with your hands.



6. If attaching the SmartFlex bottle directly to the feeding pump:

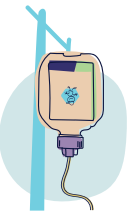
Unscrew the purple over-cap. Insert the spike set into the universal cap. This will pierce the aluminium foil inside of the bottle.

There is no need to use cutlery or utensils to pierce the aluminium foil.

Once the SmartFlex bottle is spiked, the feed should be used within 24 hours. Between feeds, the unused portion can be recapped and refrigerated. Discard any unused feed within 24 hours of opening.

If pouring the feed into a container:

Remove the outer purple cap. Pull away the tag and peel back the aluminium foil. Once the feed is poured out of the SmartFlex bottle, keep tightly covered and use within 4 hours.



7. Pull out the suspension ring on bottom of the bottle which can be used to attach the feed to a feeding stand.



HANDY HINTS



- ✓ Introduce Isosource® Junior Mix to your child as soon as it has been prescribed.
- ✓ If your child is currently having another feed, you can introduce Isosource® Junior Mix gradually alongside the other feed until the target amount is reached. Your dietitian will give you feeding instructions which are tailored for your child (see at the end of this leaflet).
- ✓ Symptom improvement will depend on the severity and type of symptoms that your child has. During the introduction phase of Isosource® Junior Mix, it is important to be persistent. It is helpful to complete a diary to monitor your child's symptoms and poos (see at the end of this leaflet).

If you do not notice any improvement in your child's symptoms after a few days, please consult your dietitian or doctor. Your child may benefit from changing to a specialist feed that contains protein which has been broken down into smaller pieces to support absorption.



- ✓ Isosource® Junior Mix can only be given via a tube into the stomach.
- ✓ To reduce the risk of choking, make sure your child is sitting or lying at a 45-degree angle during feeding. It is advised to stop feeding when your child is travelling to and from school/hospital as this may increase the risk of reflux (heartburn, burping) or sickness.
- ✓ The SmartFlex bottle can be easily attached to a feeding pump and the packaging can be recycled.



FEEDING REGIMEN FOR ISOSOURCE® JUNIOR MIX

Child's Name:

Start Date of Feed:

Recommended Volume of Isosource® Junior Mix per 24 Hours:

Recommended Feeding Instructions:

Your Child's Dietitian is:

Contact Details for your Child's Dietitian:

SYMPTOM DIARY

FEED: ISOSOURCE® JUNIOR MIX

WEEK 1:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Volume of Feed:							
Number of Poos:							
Diarrhoea / watery poos:							
Sickness:							
Reflux / heartburn / burping:							
Stomach pain:							

SYMPTOM DIARY

FEED: ISOSOURCE® JUNIOR MIX

WEEK 2:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Volume of Feed:							
Number of Poos:							
Diarrhoea / watery poos:							
Sickness:							
Reflux / heartburn / burping:							
Stomach pain:							

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