

## YOUR BABY'S PANCREATIC ENZYME DOSE RECORD

- Your dietitian and Cystic Fibrosis team will advise on the enzyme dose for your child.
- DO NOT adjust enzyme dose without discussing with your dietitian

Date	Pancreatic Enzyme	Dose

## A Guide to Giving Pancreatic Enzymes



**For The Infant With Cystic Fibrosis**

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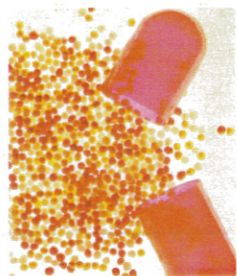
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Most infants and adults with Cystic Fibrosis require pancreatic enzyme supplements to assist with the digestion of food and fluids. Without pancreatic enzymes much of the protein and fat is not digested and absorbed. This is called malabsorption. Malabsorption can lead to poor growth.

### When should Pancreatic Enzymes be taken?

Pancreatic enzymes must be taken everytime your baby has a breast or formula feed.

### How are Pancreatic Enzymes taken?



*open enzyme capsule and sprinkle prescribed dose of enzyme granules on ½ tsp apple puree*



*give baby half of the enzymes and apple puree, before the feed*



*feed baby and give the other half of the enzymes and apple puree when baby takes a break from feeding or at the end of the feed*

## IMPORTANT HINTS

Always check your babies mouth and gums for granules at the end of each feed and remove them with your clean finger. Granules can irritate the mouth lining if they are not removed.

Pancreatic enzyme granules have a special coating and should not be crushed or chewed. They should always be given with an acidic food - preferably apple puree.

Always check the expiry date of the capsules and do not use old stock.

## STORAGE

Always store capsules in their original container in a cool dark place.

Only take from the container the capsules required for that day. Store in a suitable container.

Discard any old/hot capsules left over from each day. Do not refrigerate capsules.

Do not store capsules in the car especially during summer.