PERIFLEX® & ANAMIX®
EARLY YEARS
Caregiver’s Guide
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Previous user of Nutricia’s Early Years formula - Living life to the fullest!
Habul, 2 years old Diagnosed with MSUD
Congratulations on your new addition!

Nutricia is committed to supporting your little one with the best nutrition possible. We understand that it can be overwhelming when you first learn that your baby is diagnosed with a metabolic disorder, which is why we want you to know that we are here for you.

We would like to share our Caregiver’s Guide with you, which covers everything from feeding your baby to information on the latest science behind important nutrients for your baby’s nutrition and development – such as DHA and prebiotic fiber.

This booklet is only the beginning of the support you will receive from us. To receive more information, sign up to join our email list at MedicalFood.com, which will provide you with:

- Information and support on formula and feeding
- Special messages and gifts as your baby grows
- Links to useful articles and blogs

Proper nutrition is an ongoing journey, and our goal is to make sure you have a partner with you through your child’s early years to their next stage of life.
Introduction

What are inborn errors of metabolism?

Inborn errors of metabolism are rare genetic disorders in which the body cannot properly break down certain nutrients. The disorders are usually caused by defects in specific proteins (enzymes) that help metabolize these nutrients.

A nutrient that is not broken down can build up in the body and cause a wide array of symptoms.

There are a large number of inborn errors of metabolism that are screened for through a newborn screening test. The newborn screening test looks for certain disorders in newborns. This allows steps to be taken before symptoms develop. Working with your child’s dietitian on a proper diet is just one of these steps.

For more information on your child’s specific metabolic disorder, please visit MedicalFood.com to download educational tools.

- Phenylketonuria (PKU)
- Glutaric Acidemia - Type I (GA1)
- Homocystinuria (HCU), Hypermethioninemia
- Maple Syrup Urine Disease (MSUD)
- Propionic Acidemia and Methylmalonic Acidemia (MMA/PA)
- Tyrosinemia - Type I and II (TYR)
- Sulphite Oxidase Deficiency (SOD)
Feeding
Your Little One

Your metabolic dietitian has recommended a special infant formula for your baby to provide the right nutrition. This formula is often called metabolic formula, medical food or special milk. Always follow your dietitian’s instructions on how to prepare and feed your baby and consult your metabolic team if you have any specific questions, concerns or before changing your child’s feeding regimen.

Hunger cues:
Here are some common hunger cue signals that you may soon be able to recognize.

- Wakes and tosses
- Sucks on fist
- Cries or fusses
- Opens mouth while feeding to indicate wanting more

Burping
During feeding, it is natural for your baby to swallow air. By releasing some of this air in the form of a burp, it frees up space in your baby’s stomach so he/she can feel comfortable and less fussy.

Tips to help burp your baby
- If you notice that your baby is swallowing air as he/she feeds, it may be helpful to stop feeding rather than letting your baby cry. The fussiness and crying can lead to him/her swallowing more air.
- Try frequent burps during feeding, (every 2-3 ounces) even if your baby shows no signs of discomfort.
- When trying to burp your baby, try different positions such as upright or in a seated position and gently rub or pat your baby’s back.

Spitting up
It is a common occurrence that babies spit up after eating. This typically happens when they have eaten too much or there is air in the baby’s stomach. A small amount of spit up is normal, however, if your baby is not acting like his/her normal self or if your baby experiences excessive spit up or different colored spit up, it could be a sign of another underlying issue, and your baby’s doctor or metabolic dietitian should be contacted.

Tips to help reduce spitting up:
- Keep your baby upright for 30 minutes
- Try smaller, frequent feedings
- Take the time to burp your baby more frequently to reduce air from building in his/her stomach

Hiccups
Hiccups are very normal in infants. Some babies may have even started hiccupping when they were in the womb. Most babies aren’t bothered by the hiccups as much as the parents are. Often times, the hiccups occur during a feeding. If this is the case, change the baby’s feeding position, try to burp him/her or wait a few minutes until the hiccups pass.

Keep in mind that all babies are different. If you notice your baby is acting differently or fussier than normal, this could indicate that you should seek assistance from your dietitian or doctor.

Diarrhea or Vomiting
Please contact your metabolic team if your baby shows signs of diarrhea or vomiting or any other symptoms you may be concerned about.
When taking trips away from home, it is best to be prepared and cautious, especially when travelling with a little one. Here are just a few tips to help get you started. Before packing for your trip, make a list of all of the items you will need to take with you to properly feed your baby.

- Make sure you have packed enough powdered formula to cover all the feedings for your baby, and some extra formula just in case. Make sure to take some of the formula in your carry-on bag for a few days in case your luggage gets misplaced.

- Pack the formula powder and sterile water separately until you are ready to feed.

- There are many portable, on-the-go bottle coolers and warmers and sterilizing bags available. Check with any baby store or online retailer for these items.

- When travelling through the airport, the TSA allows medically required liquids, such as baby food, formula, breast milk and medications in excess of 3.4 ounces in reasonable quantities for the flight. Please visit www.tsa.gov for more information. It is best to keep the formula easily accessible to use at the airport and on the plane.

- Make sure you have a list of all emergency contacts, medications and health information for your child saved in a readily accessible place, just in case you need it at any time.

- Ask your metabolic clinic if they can provide a travel letter explaining the need for the formula, which may help with getting through airport security.

If your child goes to daycare, send enough bottles for the time your child is scheduled to be at daycare, plus keep an extra can there in the event of an emergency.

It is also a good idea to keep a backup can of formula at home to make sure you never run out of formula before your next shipment arrives.

If you need to go to the hospital with your little one, plan to pack formula since the hospital may or may not have the same type of formula that your baby is used to.

It would also be helpful to carry a letter or document including the following information, just in case you need it at any time:

- Baby’s medical condition
- List of medications
- Formula name and mixing instructions
- Physician and dietitian name and contact information
- Letter from your doctor
What are the Periflex / Anamix Early Years formulas?

Periflex and Anamix Early Years are powdered infant formulas designed for the dietary management of inborn errors of metabolism for infants from birth on. The Periflex / Anamix Early Years formula are free† from the amino acid(s) your baby can’t break down, and are tailored to meet his/her nutritional needs for growth and development. Bringing your child the latest innovation in metabolic infant formulas, the Periflex / Anamix Early Years are the only metabolic infant formulas that contain a prebiotic fiber blend and DHA & ARA.

† Please note GA-1 Anamix Early Years contains low levels of tryptophan; MMA/PA Anamix Early Years contains low levels of isoleucine.
Why has Periflex / Anamix Early Years been recommended for my baby?

The formula has been recommended to help control certain amino acids that your baby can’t break down while meeting all other nutritional requirements for growth and development. Periflex / Anamix Early years provides your baby with the best start in life, as well as the experience and reassurance of a product that has been used successfully worldwide in 25 countries.

What is DHA & ARA?

DHA and ARA are fatty acids important for your baby’s development. DHA, in particular, is important for your baby’s brain and eye development up to 2 years of age.² His/her brain will grow rapidly in the early years of life, so a formula with DHA is especially important during this time. The Academy of Nutrition and Dietetics recommends that infants who are not breastfed should be fed a formula that contains both DHA & ARA.⁴ Periflex / Anamix Early Years provide DHA comparable to the amounts found in breast milk.⁷

What are prebiotics?

Prebiotics are a form of dietary fiber that feed the beneficial bacteria in your baby’s digestive tract, where nearly 70% of the immune system is located.⁸ Human milk naturally contains prebiotics called human milk oligosaccharides (HMOs).⁹ Prebiotics are important to support infant immune and digestive health.¹⁰ The prebiotic fiber blend used in Periflex / Anamix Early Years has been clinically demonstrated to help maintain good digestive and immune health for babies.³⁵ This may be especially important when exclusive breastfeeding is not an option. Periflex / Anamix Early Years are the only metabolic infant formulas to contain a prebiotic fiber blend.

What are the benefits of Vitamin D and Calcium?

Vitamin D and Calcium are important nutrients for bone and dental health. These nutrients help build and maintain strong bones and teeth.
How do I use my baby’s formula?
Your child’s dietitian will advise you on the appropriate amount of formula needed for your baby. The mixed formula should be given at regular intervals as directed by your dietitian.

How should I prepare the formula?
The amount of formula your baby needs will vary depending on age, body weight and medical condition. Your dietitian will advise you to the amount of powder and water needed to make your baby’s bottle. Freshly prepared formula is best. Formula prepared in advance must be cooled rapidly, stored in the refrigerator and used within 24 hours of preparation.

Can I warm the formula?
The formula does not need to be warmed if prepared with room temperature water. However, if you choose to warm your baby’s formula, do not microwave, as it can cause serious burns in your baby’s mouth. The best method of warming formula is to set the bottle into a bowl of warm water until the formula becomes lukewarm (barely warm, NOT hot), or use an electric bottle warmer.

Reusing formula?
If your baby does not finish his/her formula in the bottle after a feeding, the remaining formula should be discarded after one hour. Always follow your dietitian’s instructions on how to record formula your baby has not consumed.

How to store formula?
An unopened can of powdered formula can be stored at room temperature until the expiration date listed on the bottom of the can. However, once the can is opened, it must be stored in a cool, dry place. The powder in an opened can must be used within two weeks.
Formula that has been prepared in advance can be stored in a refrigerator and used within 24 hours of preparation.
Preparation Instructions

Preparation instructions for Periflex / Anamix Early Years

Ask your baby’s dietitian what the recommended Periflex / Anamix Early Years dilution should be.

Please note, your dietitian may also direct you to use a gram scale. For instructions on how to mix formula using a gram scale, please see further below.

Note: One unpacked level scoop is approximately 5 grams of powder. A scoop is provided in the Periflex / Anamix Early Years can.

To make individual bottles:

• Wash hands thoroughly and clean the preparation area.
• Pour the required amount of cooled, boiled water into the sterilized feeding bottle.
• Add the prescribed number of leveled scoops of Periflex / Anamix Early Years (and any other prescribed formula and/or breast milk) in the sterilized feeding bottle.
• Place cap on the bottle and shake until the powder dissolves.
• Shake immediately before use.

Note: Talk to your dietitian about feeding your baby breast milk. If you need to prepare formula bottles in advance, make individual bottles, store in the refrigerator and use within 24 hours.
For larger volumes or when using a gram scale:

Items required:

- Weighing container – To weigh powdered formulas separately on the gram scale.
- Mixing container – To mix formulas and water together.
- Sterilized feeding bottle – To feed your baby.
- Gram scale – To weigh the formula powder.
- Early Years formula – use the amount directed by your metabolic dietitian.
- Standard infant formula, if required – use the amount directed by your metabolic dietitian.

Note: Always follow your dietitian’s directions. Choose a gram scale that has a “zero” or “tare” function. The “tare” function allows the scale to be reset to zero when weighing formula. Ask your dietitian or clinic what scale they recommend to use.

How to measure and mix larger batch formula

1. Make sure the scale is turned on and shows zero on the digital display.
2. Place an empty, clean, sterilized weighing container on the scale.
3. Tare the scale back to zero.
4. Use a clean spoon or the scoop provided in the formula can and measure out the required amount of Periflex / Anamix Early Years powder in the weighing container.
   - The digital display will tell you when you reached the required amount of grams of formula.
   - If you added more than the needed amount, just take a clean spoon and take the necessary amount of powder out.
5. Pour the measured Periflex / Anamix Early Years powder into a mixing container.
6. If adding standard infant formula, weigh the required amount per your dietitian’s instructions by repeating the above steps.
7. Add the required amount of water to the mixing container.
8. All of the weighed powder(s) should now be in the mixing container with the required amount of water.
9. Stir or shake and store in the refrigerator for up to 24 hours.

Note: Talk to your dietitian about feeding your baby breast milk.
Here is a feeding, sleeping and diaper tracker. Consider making copies before using or call us for an electronic version. Ask your dietitian if they’d like to view these records.

### Feeding

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We are with you, from your baby’s early years to the Next Stage!

Nutricia provides a full range of formulas from infancy to adulthood to meet the changing needs of your child as he/she grow older.

### Support & Resources

**Insurance Reimbursement Support**

- Personalized reimbursement care to help with claims, reimbursement and access issues
- Dedicated team of support specialists there when you need them
- Specialized nutrition experts to answer any questions

Call **1-800-605-0410**
(Monday – Friday, 8:30am – 5:00pm ET) for assistance

**Sign up to join our email list!**

- You’ll receive helpful tips and advice on your baby’s growth and development
- Recipe tips and product information

Sign up on [www.MedicalFood.com](http://www.MedicalFood.com)

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