

Nutramigen PURAMINO

As your baby has been prescribed Nutramigen PURAMINO, here is some information that you will find useful. Nutramigen PURAMINO is a nutritionally complete amino acid-based formula that is suitable for use as a sole source of nutrition for up to 6 months of age or as part of a varied (weaning) diet from 6 months of age onwards.

Nutramigen PURAMINO is a food for special medical purposes and must be used under medical supervision.

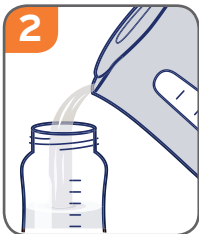
Preparation instructions



1 Wash hands and clean preparation area thoroughly.
- Sterilise all bottles, teats, caps and utensils



4 Cap the bottle, roll and shake well until powder dissolves completely.
- Check temperature by dropping fluid on the inside of your wrist. It should not feel warm nor cold



2 Boil fresh water. (Do not use softened water).
- Leave to cool for up to 30 minutes prior to mixing
- Do not use softened water
- Pour the desired amount of hot water into clean sterile bottle or cup



5 Once prepared, formula can spoil quickly. Feed immediately after preparation or cover and store in a refrigerator at 2-4°C for no longer than a total of 24 hours.
- Do not freeze prepared formula and do not use if unrefrigerated for more than a total of 2 hours
- Use formula that has been in contact with your baby's mouth within 1 hour and do not keep and refrigerate any unused formula after feeding. Throw away any prepared formula left in bottle and clean utensils
- Do not heat feeds in a microwave



3 Add required number of level scoops of powder (see feeding guide).
- Store **dry** scoop in the tin

Feeding guide

Unless your healthcare professional advises you otherwise, use this chart as a guide for the correct amounts of boiled water and powder to use.

Age	Approx. weight		Number of bottles/24 h	Water		+ Scoops [†]
	kg	lbs		ml	fl.oz	
0-2 weeks	<3-3.5	6 1/2-7 1/2	6-7	90	3	3
2-4 weeks	3.5-4	7 1/2-8 1/2	5-6	120	4	4
1-2 months	4-5	8 1/2-11	5	150	5	5
2-4 months	5-6.5	11-14	4-5	180	6	6
4-6 months	6.5-7.5	14-16 1/2	4	210	7	7
6-12 months	7.5-9.5	16 1/2-20 1/2	2-3 [‡]	240	8	8
>1 year	>9.5	20 1/2	2-3 [‡]	240	8	8

[†]Only use scoop in tin. Do not press powder into scoop, level off with the back of a clean, dry knife. 1 level scoop (4.5 g) to each 30 ml of water.

[‡]When children do not receive adequate quantities of solid food, the quantity of formula needs to be adjusted strictly following advice of a healthcare professional.



PURAMINO*
(previously Nutramigen AA)

FAQs

What is CMA and how is it managed?

CMA is the most common food allergy in children under 3 years of age. It occurs when the immune system 'overreacts' to the protein found in cow's milk and milk-containing products. The initial way to manage CMA is the complete avoidance of all cow's milk and milk-containing products. Whether breast or formula feeding, you will need to ensure that your baby is not given any other sources of cow's milk protein, e.g. in oral medications and remedies, or in early foods, e.g. rusks and baby cereal products, so checking the ingredients list on products for 'milk' is important.

What should I expect when introducing Nutramigen PURAMINO to my baby's diet?

Due to their special formulation, hypoallergenic formulas for managing food allergies smell and taste different from standard formulas. You may notice this difference when you first open a tin and make up the feed. This is quite normal. After switching to Nutramigen PURAMINO, it might take some time for your baby to become comfortable and familiar with the new formula. As the new special diet allows the symptoms to start to subside, your baby should continue to become more settled and their appetite may also improve.

What can I do to help introduce Nutramigen PURAMINO to my baby's diet?

Ideally, your baby should switch from their previous formula to Nutramigen as soon as possible after diagnosis. This is to eliminate the food proteins causing the allergic reactions from their diet as soon as possible. Try to make sure your baby is hungry and thirsty when trying the formula for the first time. Try to be positive during feeding times as babies can pick up on your reactions, such as from facial expressions and the sound of your voice. Older children may prefer to take the formula from a covered cup or as a cold drink. When you are ready to start weaning your baby, you can incorporate Nutramigen into foods and use it in recipes, which may also help your baby to get used to the formula.

What is an amino acid-based formula (AAF)?

AAFs such as Nutramigen PURAMINO are not made from cow's milk and are made up of individual amino acids – the building blocks of protein.

What is MCT oil and why is it in Nutramigen PURAMINO?

MCT oil is made up of medium chain triglycerides. The MCT oil in Nutramigen PURAMINO has been derived from fatty acids from coconut oil and palm kernel oil and is hypoallergenic. The addition of MCT oil provides an easily available source of fats and energy for infants with severe cow's milk allergy in conjunction with poor digestion of standard fats.

Will Nutramigen PURAMINO be suitable if my baby does not have fat malabsorption problems?

Yes. MCT oil has been added to help provide an easily available source of fats and energy for infants with severe cow's milk allergy in conjunction with poor digestion of standard fats, but the product is still suitable for infants without these digestion issues.

Can I cook with Nutramigen PURAMINO?

Yes. You can use Nutramigen PURAMINO in recipes.

What should I do if my baby's symptoms do not resolve while using Nutramigen PURAMINO?

Nutramigen PURAMINO is designed and manufactured to be completely protein-free in order that it is suitable for use in babies with severe or multiple food allergies without triggering a reaction. The exact time for complete resolution of your baby's symptoms may vary depending on the number and severity of symptoms they had when starting to use this formula. If you are at all concerned about symptoms your baby has while using Nutramigen PURAMINO, it is always important to speak to your healthcare professional for advice. It may be helpful to keep a feeding and symptom diary when starting a new formula/feeding plan to track the progress.

Further parent support

- ✓ More FAQs about Nutramigen PURAMINO, parent information, support and resources are available at: www.puramino.co.uk
- ✓ Join our Facebook support group at: www.facebook.com/nutramigenUKIre
- ✓ Support booklets, such as weaning and feeding advice, are also available. Ask your healthcare professional for copies or contact the Mead Johnson Careline on **01895 230575**

For more information visit: www.nutramigen.co.uk

Or contact the Mead Johnson Careline: +44 (0) 1895 230575

IMPORTANT NOTICE: Breast milk is the best nutrition for babies. The decision to discontinue breastfeeding may be difficult to reverse and the introduction of partial bottle-feeding may reduce breast milk supply. Failure to follow preparation instructions carefully may be harmful to your baby's health. Parents should always be advised by an independent healthcare professional regarding infant feeding. Products of Mead Johnson must be used under medical supervision. *Trademark of Mead Johnson & Company, LLC. © 2016 Mead Johnson & Company, LLC. All rights reserved. **This material is for parents of young children who have been diagnosed with cow's milk allergy and recommended Nutramigen formulas by a healthcare professional.** XXXXXX 05/16



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Nutrition

A solution for all your CMA needs