

Important information about preparation of Nutramigen with LGG®



Nutramigen with LGG® is used in the dietary management of cow's milk allergy (CMA) in infants and young children. It is an extensively hydrolysed, hypoallergenic formula, which is lactose-free and suitable for babies with soya allergy.

The unique combination of Nutramigen and LGG® (*Lactobacillus rhamnosus* GG), a friendly bacteria, has been shown to help manage your baby's CMA more effectively.

IMPORTANT INFORMATION: Nutramigen with LGG® is a food for special medical purposes and should be used under medical supervision. Nutramigen with LGG® has specialist preparation instructions to preserve the friendly bacteria (LGG®).

Instructions for preparation and use



1 Wash hands and clean preparation area thoroughly.

- Clean bottles, teats, caps and utensils in water (1 minute at a rolling boil)



4 Re-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).

- As soon as possible, pour desired amount of boiled water into clean bottle and cap the bottle straight away
- Allow the water in the sealed bottle to cool down to room temperature



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.



3 Once the water has cooled to room temperature, place the bottle on a clean surface, remove cap and add the required number of level scoops of powder (see feeding guide provided below).

- Store **dry** scoop in the can

- **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 baby's mouth within 1 hour and do not refrigerate. Throw away any prepared formula left in bottle and clean utensils
- **Do not heat feeds in a microwave**

Feeding guide

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

Age	Approx. weight (kg/lbs)	Number of bottles/24 h	Water (ml/fl.oz)	Scoops†
0-2 weeks	<3-3.5 kg / 6 ½-7 ½	6	90 / 3	3
2-4 weeks	3.5-4 kg / 7 ½-8 ½	5-6	120 / 4	4
1-2 months	4-5 kg / 8 ½-11	5	150 / 5	5
2-4 months	5-6.5 kg / 11-14	4-5	180 / 6	6
>4 months	>6.5 kg / >14	4	210 / 7	7



†Only use the scoop provided in the product can. Do not press or pack powder into scoop, level off with the back of a clean, dry knife. Add 1 level scoop (4.5 g) to each 30 ml of water.



FAQs

What is LGG®?

LGG® stands for *Lactobacillus rhamnosus* GG. It is a friendly strain of bacteria.

Why add LGG® to Nutramigen LIPIL® 1 and 2 formulas?

Nutramigen with LGG® has more benefits for babies with cow's milk allergy. The unique combination of Nutramigen and LGG® has been shown to help manage your baby's allergy more effectively.

Apart from the addition of LGG®, has anything else been changed?

The only change is the addition of LGG® to the existing Nutramigen LIPIL 1 and 2 formulas. No other ingredients have been added or changed in the formulas.

Is there any change to the way I collect my supply of my baby's Nutramigen formula?

There should be no change to the way you get your formula. You may wish to mention to your supplier that the name will be changing/has changed.

Why is Nutramigen with LGG® prepared differently?

It is important to follow the preparation instructions for Nutramigen with LGG® (see overleaf). Nutramigen formulas are different to standard formulas you buy in a supermarket, which are often mixed at 70°C. Nutramigen with LGG® is a food for special medical purposes and is similar to some other specialist formulas that require mixing at a lower temperature, e.g. anti-reflux formulas. Mixing the formula with room temperature water that has been boiled preserves the LGG®. Mixing at a higher temperature will inactivate LGG® and the benefits of the friendly LGG® bacteria would be lost.

Can I cook with it/use it in recipes?

Yes you can use Nutramigen with LGG® in recipes. Use in cooler recipes helps preserve the effect of the LGG®. Hot foods still benefit from fortification from the nutritional content of the Nutramigen formula.

Will my baby's stools change when I start using Nutramigen with LGG®?

Nutramigen 1 and 2 with LGG® are hypoallergenic formulas made with extensively hydrolysed protein for the dietary management of cow's milk allergy. When first starting on a diet of extensively hydrolysed formula, it may take a little while for your baby's symptoms, including stools (colour, consistency, frequency, etc.) to settle. Babies fed with this formula may produce frequent, loose stools of a greenish colour.

If your baby is already settled on Nutramigen LIPIL 1 or LIPIL 2, your baby's stools shouldn't change any more than their normal variations. If you are concerned about your baby's stools at any point, please see your healthcare professional for further advice as their symptoms may have a different cause.

Will my baby notice the difference?

If your baby is already settled on Nutramigen LIPIL 1 or 2, they should not have a problem accepting Nutramigen with LGG®, because the addition of LGG® does not change the taste and smell of the formula. If your baby is new to using a specialist formula for the management of cow's milk allergy, Nutramigen 1 and 2 with LGG® are hypoallergenic, extensively hydrolysed protein formulas, which because of the hydrolysed protein, do not taste or smell like routine formulas.

How will I know when I have Nutramigen with LGG® instead of Nutramigen LIPIL?

The front of the tin will no longer say LIPIL and you will see a red banner at the top left corner that says 'Now with LGG®' as shown here:



Further parent support

- More FAQs about Nutramigen with LGG®, parent information, support and resources are available at: www.nutramigen.co.uk/parent
- 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**

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. © 2015 Mead Johnson & Company, LLC. All rights reserved. LGG® is a registered trademark of Valio Ltd, Finland. **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.** EU15.568 NUT/LGGPREPPAD/08.15

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A solution for all your CMA needs