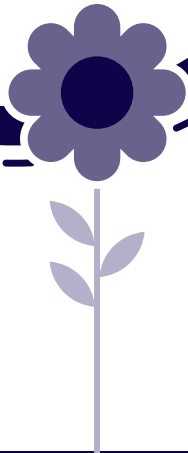
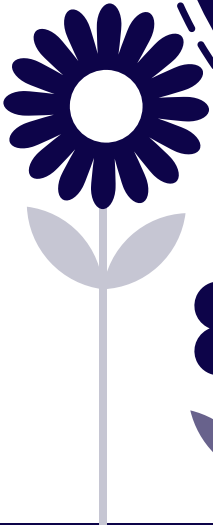
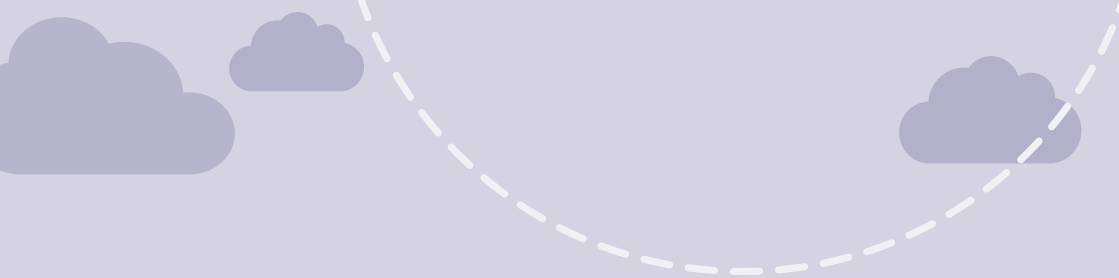


## A Parent's Guide to





# Important Contacts



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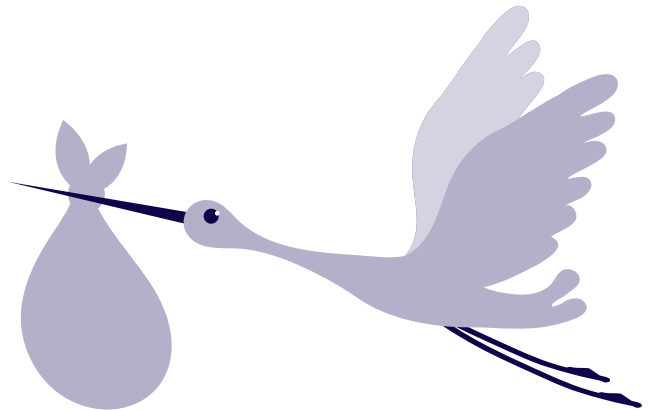
# What is PKU start?

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**PKU start** is a phenylalanine-free\* formula suitable for infants with Phenylketonuria (PKU). It provides the 'safe' protein without the Phenylalanine (Phe).

Your baby will be taking **PKU start** alongside standard infant formula. As your baby must restrict the amount of standard infant formula they consume, taking **PKU start** ensures they get all the nutrients they need. Your dietitian will advise you on how to feed your baby, the amount of **PKU start** and standard infant formula they require and how often they should be fed.

If you have any questions about feeding your baby, you should always speak to your dietitian.

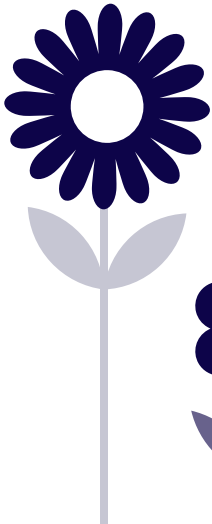




# Feeding Plan

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This will be completed by your dietitian.

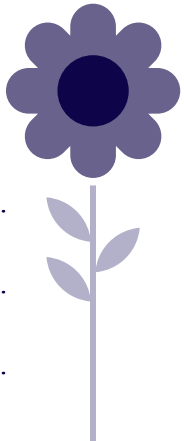
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# How to Prepare PKU start

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*PKU start* is easy to prepare and made the same way as standard infant formula. It is important to carefully follow the instructions on the can, which are outlined below to help you.

## Preparation Instructions

Only prepare one bottle at a time. Use only the scoop provided inside the can.

Follow the preparation guidelines carefully. Incorrect preparation can make your baby ill.

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1 Wash hands well.



5 Using the scoop provided in the can, add the prescribed number of scoops of *PKU start* to the water, levelling each scoop with the back of a clean dry knife. Do not press the powder into the scoop.



2 Sterilise feeding equipment according to manufacturer's instructions.



6 Place the sterilised teat and cap on the bottle and shake well until all the powder has dissolved.



3 Boil fresh water and leave to cool for no more than 30 minutes to ensure it remains at a temperature of at least 70°C. **Do not use artificially softened water or repeatedly boiled water.**



7 Cool to drinking temperature (approx. 37°C.) Always test the temperature before feeding by shaking a few drops onto the inside of your wrist - the feed should feel warm but not hot.



4 Measure out the required amount of water into the bottle.

## Important Information

- ⚙ Any formula remaining in the bottle after 1 hour should be discarded.
- ⚙ Do not reheat **PKU start** once feeding has started.
- ⚙ Do not heat **PKU start** in a microwave as uneven heating may occur and could cause scalding.
- ⚙ Do not boil **PKU start**.
- ⚙ Infants should always be supervised when feeding.

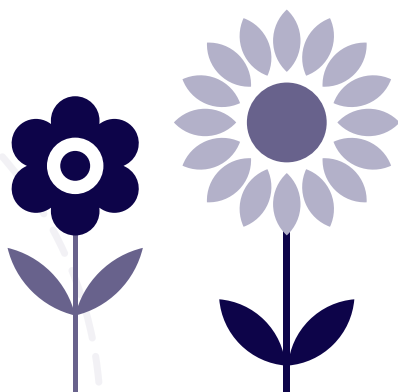
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## Storage

Unopened PKU start should be kept in a cool, dry place.

Once opened, **PKU start** should be used within 3 weeks. After this time, any unused product should be discarded.

Always replace lid after use.



# Frequently Asked Questions

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## Does PKU start provide all the nutrients that my baby needs?

**PKU start** has been specifically formulated to have a similar nutritional profile to standard infant formula (without the Phe). **PKU start** along with standard infant formula will provide all the nutrients your baby needs.

## How much PKU start should I give my baby?

As **PKU start** is given alongside standard infant formula, your dietitian will advise on how much **PKU start** and standard infant formula to give your baby. Your dietitian will consider the age, weight and blood Phe of your baby.

## Can I make up PKU start in advance?

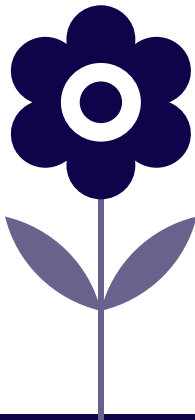
No, **PKU start** should always be made and consumed straight away. It might be helpful to keep boiled water over 70°C in a vacuum flask – this will mean you can prepare it without having to use a kettle when away from home. Any unused **PKU start** remaining in a bottle should be discarded after one hour.

## How long can I keep a can of PKU start open for?




Once opened, **PKU start** should be used within 3 weeks. After this time, any product left in the can should be discarded. Always replace the lid after each use.

## How do I obtain PKU start?

**PKU start** is PBS listed, so for ongoing supplies a prescription from your doctor is needed. **PKU start** can be obtained through your local pharmacy or via Vitaflo's free home pharmacy service - V2U. Your dietitian will be able to help you register for this service and arrange for a sample box of **PKU start** if needed.







### What do I do if I am running out of PKU start and will need more soon?

Your dietitian will advise on the quantity of **PKU start** your baby needs. If you find you are running out of stock earlier than anticipated, you should contact your dietitian immediately.

### Do I need to sterilise feeding equipment when using PKU start?

Yes, up to 1 year of age any equipment (e.g. bottles, teats) used to give **PKU start** should be sterilised. You should use hot, soapy water and brushes to clean everything, rinse them in cold water and then sterilise them by following the manufacturer's instructions on the sterilising solution/steriliser.

### My local pharmacy has told me PKU start is not available. What should I do?

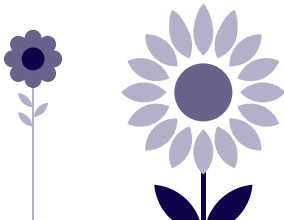
**PKU start** is always available and can be supplied to your pharmacy very quickly. So if this occurs, ask your pharmacist to telephone Vitaflo on 03 5229 8222 to order. Vitaflo can then arrange for prompt delivery.

### I need to make two different types of formula – how can I make this easier for myself?

You may find it useful to use two different coloured bottles; one for **PKU start** and the other for standard infant formula. You could also try labelling the different bottles.

### What should I do if my baby will not take PKU start?

If your baby refuses **PKU start**, you should contact your dietitian immediately and they will advise you on what to do. It may be helpful to keep a record of all the **PKU start** and standard infant formula your baby takes over 24 hours. Sometimes trying different teat sizes and types may help.



# Vitaflo® Support Services

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## V2U - Vitaflo's free home pharmacy service

Telephone 1800 230 889 or email [v2u@vitaflo.com.au](mailto:v2u@vitaflo.com.au) to register for this convenient and time saving delivery service.

### **Customer Service Team**

A dedicated team supports Vitaflo's free home delivery service with the free call telephone number above. They are available Monday to Friday 9am - 5pm\* to answer all queries on product delivery.

### **Prescription service**

A member of the customer service team will contact you each month (as needed) to organise for repeat prescriptions to supply product via V2U. They will also provide a friendly reminder via telephone when the current prescription is soon to expire.

### **Product delivered directly to your home**

This eliminates the need to collect product from the pharmacy each month. What's more, deliveries can be made to whatever address suits best\* - home, place of work or other chosen address, free of charge.

*\*excluding public holidays. Usual pharmacy dispensing fees apply.*



# Vitafriends PKU

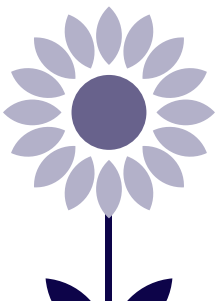
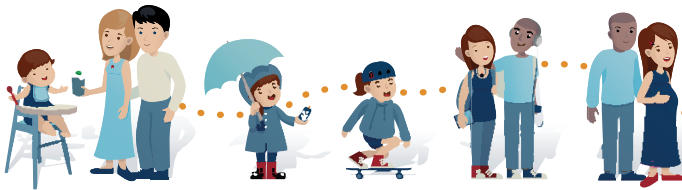
An education programme for families managing PKU

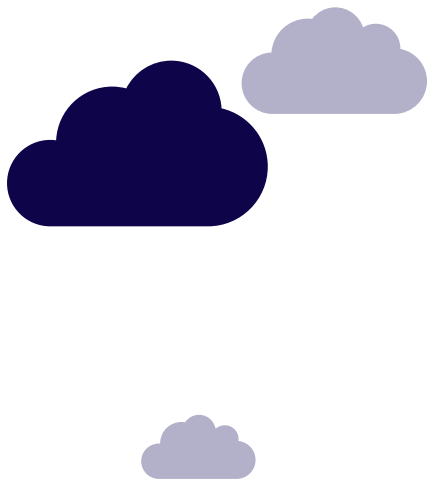
Vitafriends PKU has been designed to provide you with lots of information about **PKU start**. You will also find information on managing Vitaflo PKU formula at different stages of your Child's life. This may help you to feel prepared on what may be to come.

For more information go to our website and/or follow our Facebook page:

[www.vitafriendspku.com/au](http://www.vitafriendspku.com/au)

 VitafriendsPKUau





**PKU start** is a phenylalanine-free\* formula suitable for infants with Phenylketonuria (PKU).

**PKU start** is a food for special medical purposes and must be used under medical supervision. For the dietary management of PKU from birth.

Refer to labels for allergen and other product information.

\*No added phenylalanine. Phenylalanine may be present in trace amounts from other ingredients (<10mg/100g; <1.5mg/100ml reconstituted product)



Innovation in Nutrition

**A Nestlé Health Science Company**

\*Reg. Trademark of Société des Produits Nestlé S.A.

VitaFlo Australia Pty Ltd  
Unit 3/119 Balliang Street  
South Geelong VIC 3220  
Free Call: 1800 230 889 or  
Telephone: 03 5229 8222



StartPG-BOF Nov17

Website: [www.vitaFlo.com.au](http://www.vitaFlo.com.au)

 [VitaFriendsPKUau](https://www.facebook.com/VitaFriendsPKUau)