

## Description

OptiFibre® is a powdered soluble dietary fibre that mixes easily in hot and cold liquids and foods without affecting texture or taste and can be successfully administered via a PEG\* tube. It is a nutritionally incomplete Food for Special Medical Purposes for use under medical supervision. For the dietary management of patients with intestinal transit disorders.



## Presentation

White powder available in: 16 x 5g sachets, (80g box) and 250g canisters with re-sealable lid; 6 canisters per case.

## Indications

ACBS approved, prescribable on FP10 (GP10 in Scotland) for the following indications: short bowel syndrome, intractable malabsorption, pre-operative preparation of patients who are undernourished, patients with proven inflammatory bowel disease, following total gastectomy, bowel fistulae, disease related malnutrition.

## Ingredients

Partially Hydrolysed Guar Gum (this is a low viscous galactomannan, which has been produced by controlled partial enzymatic hydrolysis). Gluten free. Lactose free.

**Tin:** may contain milk.

## Suggested administration and dosage<sup>†</sup>

This product is for oral consumption or via PEG.

Add 1 level scoop (~ = 5 g OptiFibre® ~ = 4.3g soluble fibre) to 200ml of liquid or 150g of food. Stir until the powder is fully dissolved.

The addition of OptiFibre® to the diet should be gradually increased to suit individual requirements: 5-25g of the product is recommended per day, or as recommended by a healthcare professional. For children from 3 to 10 years of age the fibre requirement is calculated by adding 5 to 10g to the child's age, e.g. 5 years + (5 to 10g) = 10 to 15g fibre per day.<sup>1</sup>

1 serving = 1 scoop (contained in 250g canister) or 1 sachet. 1 scoop provides 4.3g of soluble fibre.

*Additional OptiFibre® information overleaf*

\* Percutaneous Endoscopic Gastrostomy.



## Suggested administration and dosage (cont.)

### Day 1 to Day 3

Add 1 scoop/sachet to tea, coffee, cold fluids or foods.

### Day 4 to Day 6

Increase to 2 scoops/sachets staggered throughout the day. Patients who are being switched from another fibre supplement should reduce this to 50% of their current dosage. If a mixture of laxatives<sup>+</sup> is being used, reduce both by half; do not stop one completely.

### Day 7 to Day 9

Increase to 3 scoops/sachets staggered throughout the day. Patients who are being switched from another fibre supplement or laxatives<sup>+</sup> should discontinue these products.

### Day 10 to Day 12

Increase to 4 scoops/sachets per day staggered throughout the day.

### Day 13 to Day 20

If more fibre is required, increase the intake of OptiFibre® at a dose of 1-2 scoops/sachets every 3 days without exceeding 35g fibre per day (8 scoops/sachets).

Stagger the servings throughout the day.

### Guidelines for the use of OptiFibre® via a PEG\*

- Add 1 scoop or 1 sachet to 200ml of water\*\*. Mix until the powder has dissolved. Administer the liquid mixture via the PEG as directed by the healthcare professional.
- When the OptiFibre® is administered via a PEG, it is important to flush the feeding tube before and after the addition of the liquid mixture containing OptiFibre®.

NB: If on a fluid restriction, it is possible to add 1 scoop or 1 sachet of OptiFibre® to less liquid. The minimum amount of liquid is 100ml.

<sup>+</sup> According to clinical discretion

<sup>\*\*</sup> If the liquid mixture is to be administered as a bolus via an enteral feeding syringe, **boiled, cooled tap water** can be used to mix the OptiFibre®.



## Shelf life and storage

Tin: Shelf life 24 months.

Close tin tightly after each use and store in a cool, dry place.

Once opened, use within 30 days.

Sachet: Shelf life 24 months.

Store in a cool, dry place.

## Contraindications

Total dietary fibre intake should not exceed 35g per day.<sup>2</sup>

## Precautions

The addition of fibre can cause distension, bloating or flatulence. If this occurs during the initial phase of intervention, decrease the dosage and slow down the addition of the product. Suitable for children above 3 years of age. Not suitable as a sole source of nutrition.

## Nutrition information

Typical values	Per 100g	Per 5g serving
<b>General</b>		
Energy kJ/kcal	816/202	41/10
Fat (0% kcal) g	0	0
of which saturates g	0	0
Carbohydrate (25% kcal) g	6	0.30
of which sugars* g	6	0.30
Fibre (73% kcal) g	86	4.3
Protein (2% kcal) g	<1.5	<0.075
Salt (= Na(g) x 2.5) g	<0.5	<0.025
<b>Minerals</b>		
Sodium mg/mmol	<200/8.7	<10/0.43
Potassium mg/mmol	<500/13	<25/0.65

\*With no added sugars. Contains naturally occurring sugars.

## References

1. Williams CL et al. Pediatrics, 1995, 96: 985-8.
2. Klosterbuer et al. Nutr Clin Pract 2011, 26: 625.