

Helpful Information for Patients

Drug

Information about Sucraid® (sacrosidase) Oral Solution can be found at Sucraid.com

To Order Product

To order product, contact **U.S. Bioservices**
 Phone: 1-833-800-0122
 Fax: 1-866-850-9155
usbioservices.com

Diet

FREE nutritional and dietary support is available to all patients.
 Contact **Anne Boney, Registered Dietitian**,
 1-800-705-1962
aboney@onepatientservices.com

Daily Living

To talk to a Peer Coach, contact **Brandi Rabon**,
 1-704-692-1634 or
brabon@onepatientservices.com

SucraidASSIST.com

Product updates, access, and support services

CSIDcares.org

Disease and diet information for patients and caregivers

+ If you or your healthcare providers have any questions related to diet, please call One Patient Services at 1-800-705-1962 to speak with a registered dietitian/nutritionist.

SucraidASSIST™

Patient Assistance Programs

Main: 1-800-705-1962 • Fax: 1-866-777-7097
sucraid@onepatientservices.com

Getting Started*

WEEK 1

- Start taking Sucraid® (sacrosidase) Oral Solution with meals and snacks, as prescribed by your healthcare provider.
- During the next four weeks, keep a journal of what you eat and any gastrointestinal (GI) symptoms you have.
- You may continue your usual diet or speak with a registered dietitian/nutritionist to help plan a healthy diet that is right for you.

WEEK 2

- If your symptoms are better, no further changes are needed.
- If you are still having some GI symptoms, cut back on the amount of starch you are eating and monitor your symptoms for a week. See **Foods High in Starch** highlighted below.

WEEK 3

- If your symptoms are better, you can begin to gradually add some high-starch foods back to your diet to determine the types and amounts of starch you are able to tolerate per meal and per day.
Tip: In general, add only one new food every three days to be sure it is well-tolerated.

WEEK 4

- If you continue to experience any lingering GI symptoms or if your symptoms return at any point, you can contact the dietitian at One Patient Services to review your food intake and symptom journal. See blue flap for contact info.
Note: If you are ever without Sucraid, you should avoid foods high in sucrose. See **Red Flag Foods** below.

Foods High in Starch

STARCHY VEGETABLES

- Beans (black, kidney, lima)
- Corn
- Peas (black-eyed, green)
- Potatoes (white, red, golden)

- Sweet potatoes
- Yams

WHOLE GRAINS

- Brown rice
- Bran cereal, oats
- Popcorn

- Quinoa
- Whole grain bread, cereal, crackers, pasta

REFINED STARCH

- Cakes
- Cookies

- Cereal, granola bars
- Chips (corn, potato, tortilla)
- Muffins, pastries
- Pancakes, waffles
- Pasta
- Refined cereal

- Salty crackers
- White bread
- White rice

Created with Nutrition Data System for Research® (Regents of the University of Minnesota, 2017). High starch defined as >2.5g starch per 100 g food or >2.5 g starch

Red Flag Foods (Foods High in Sucrose)

FRUIT

- Apples
- **Apricots**
- Bananas
- **Cantaloupe**
- Clementine
- **Dates**
- Grapefruit
- Guava
- Honeydew melon
- Mandarin oranges
- **Mango**
- **Nectarine**
- **Oranges**
- Passion fruit
- **Peaches**

- Persimmon

- **Pineapple**
- Plums
- **Tangelos**
- **Tangerines**
- Watermelon

VEGETABLES

- **Beets**
- **Carrots**
- Cassava (yuca)
- **Chickpeas** (garbanzo beans)
- **Coleslaw**
- **Corn**
- Edamame

Green peas

- Jicama
- Kidney beans
- Lima beans
- Okra
- Onion
- **Parsnips**
- Pumpkin
- Snow peas
- Split peas
- Sweet pickles
- **Sweet potatoes, yams**

DAIRY

- Flavored milks containing

- sucrose (chocolate milk)*
- Milk shakes sweetened with condensed milk, malted milk*
- Yogurt*
- Yogurt containing fruits from the high-fructose fruits listed above

BAKED AND PROCESSED FOODS*

- **Breakfast cereals**
- **Granola bars**

- Muffins
- Pancakes, **pastries**, and waffles
- Sweets and desserts: cake, pie, cookies
- **Candy**
- Ice cream
- Popsicles
- **Pudding**
- **Pie**
- Sherbet
- Sorbet
- **Brownies**
- Chocolate

SWEETENERS AND INGREDIENTS

- **Sucrose (table sugar)**
- **Brown sugar**
- **Granulated sugar**
- **Powdered and raw sugar**
- **Beef sugar**
- **Cane sugar/syrup**
- **Cane juice**
- **Coconut sugar**
- **Date sugar**
- **Maple syrup/sugar**
- **Molasses**
- **Syrup**
- **Jelly, jam**

* Sweetened with sucrose. **Bold is especially high in sucrose**

Created with Nutrition Data System for Research® (Regents of the University of Minnesota, 2017). High sucrose defined as ≥1 g sucrose per 100 g food

ADDITIONAL IMPORTANT SAFETY INFORMATION

- Tell your doctor if you have diabetes, as your blood glucose levels may change if you begin taking Sucraid. Your doctor will tell you if your diet or diabetes medicines need to be changed.
- Some patients treated with Sucraid may have worse abdominal pain, vomiting, nausea, or diarrhea. Constipation, difficulty sleeping, headache, nervousness, and dehydration have also occurred in patients treated with Sucraid. Check with your doctor if you notice these or other side effects.
- NEVER HEAT SUCRAID OR PUT IT IN WARM OR HOT BEVERAGES OR INFANT FORMULA. Do not mix Sucraid with fruit juice or take it with fruit juice. Take Sucraid as prescribed by your doctor. Normally, half of the dose of Sucraid is taken before a meal or snack and the other half is taken during the meal or snack.
- ▶ Please see additional Important Safety Information on *What Is CSID?* page and in enclosed full Prescribing Information. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.FDA.gov/medwatch or call 1-800-FDA-1088.

2019 QOL MEDICAL, LLC. ALL RIGHTS RESERVED. SUC19.1002 01/2019

Sucraid® and Diet Therapy for Adults

This Guide is Designed for **Adults** with Congenital Sucrase-Isomaltase Deficiency (CSID)



Sucraid®
 (sacrosidase) Oral Solution
sucraid.com

