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

<table>
<thead>
<tr>
<th><strong>STARCHY VEGETABLES</strong></th>
<th><strong>THERMAL VEGETABLES</strong></th>
<th><strong>WHOLE GRAINS</strong></th>
<th><strong>REFINED STARCH</strong></th>
<th><strong>DAIRY</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Beans (black, kidney, red)</td>
<td>Corn</td>
<td>Brown rice</td>
<td>Carrots</td>
<td>Ricotta cheese</td>
</tr>
<tr>
<td>Peas</td>
<td>Green peas</td>
<td>Whole wheat bread</td>
<td>Grated cheese</td>
<td>Yogurt</td>
</tr>
<tr>
<td>Lima beans</td>
<td>Asparagus</td>
<td>Cereal, granola bars</td>
<td>Parmesan cheese</td>
<td></td>
</tr>
</tbody>
</table>

**FRUIT**

<table>
<thead>
<tr>
<th>Apples</th>
<th>Bananas</th>
<th>Oranges</th>
<th>Peaches</th>
</tr>
</thead>
</table>

**SWEETENERS AND INGREDIENTS**

| Sucrose | High-fructose corn syrup | Maltose | Maltodextrin |

**REMEMBER**

- If you are ever without Sucraid, you should avoid foods high in sucrose. See Red Flag Foods below.

### Additional Important Safety Information

- **Tell your doctor if you have diabetes.** 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 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.
**What is CSID?**

If you have been diagnosed with Congenital Sucrase-Isomaltase Deficiency (CSID), your body is not making enough of the digestive enzymes, sucrase or isomaltase. Without sucrase, you cannot digest sucrose (table sugar). Without isomaltase, you may have trouble digesting starch. When sucrase and starch are not well digested, they can cause gastrointestinal (GI) symptoms like diarrhea, abdominal pain, and gas and bloating. And, over time, may lead to lower weight gain, weight loss, and/or malnutrition. Other reported symptoms have included reflux and constipation.

**Tell Me About Sucrailing®**

**Sucrailing® (sacrosidase) Oral Solution** is an FDA-approved enzyme replacement for sucrase to aid in the digestion of sucrose in patients with diagnosed CSID.

**Sucrailing® Dosing**

**WEIGHT:**

- Less than 3.5 pounds
- 1 milliliter (mL) Sucrailing® with meals and snacks
- More than 3.5 pounds
- 2 milliliters (mL) Sucrailing® with meals and snacks

**DOSE:**

Draw half of the mixture before meals and snacks; drink the remaining half midway through the meal or snack.

**TAKING:**

Do not mix Sucrailing® in anything other than water, milk, or infant formula. Do not heat Sucrailing® or mix in hot beverages. For more information about Sucrailing®, call SucrailingASSIST™ at 1-800-705-1962.

**G O A L**

- The goal with Sucrailing therapy is to eat as normal and as healthy a diet as possible!

**INDICATION**

Sucrailing® (sacrosidase) Oral Solution is an enzyme replacement therapy for the treatment of genetically determined sucrase deficiency, which is part of congenital sucrose-isomaltase deficiency (CSID).

**IMPORTANT SAFETY INFORMATION FOR SUCRAILD® (SACROSIDASE) ORAL SOLUTION**

Tell your doctor if you are allergic to:
- have ever had a reaction to,
- or have ever had difficulty taking yeast, yeast products, papanic, or glicynic (gliceryl).

Sucrailing® may cause a serious allergic reaction. If you notice any swelling or have difficulty breathing, get emergency help right away.

Sucrailing® does not break down disaccharides from starch into simple sugars. Sucrailing® does not contain a formula. DO NOT put Sucrailing® in warm or hot liquids. DO NOT heat or reconstitute Sucrailing® because heating is likely to cause breakdown of the enzyme.

Sucrailing should not be reconstituted or dissolved in fruit juice. Do not use a kitchen teaspoon or other household utensils to stir the Sucrailing®. Sucrailing should not be kept refrigerated. Do not mix Sucrailing® in anything other than water, milk, or infant formula. Do not heat Sucrailing® or mix in hot beverages. For more information about Sucrailing®, call SucrailingASSIST™ at 1-800-705-1962.

**Do I Need to Change My Diet?**

Diet is specific to each individual and depends on many factors, such as:
- How much sucrose and starch you currently eat
- If you have any other health issues that require a special diet
- How well your digestive enzymes and your gastrointestinal (GI) tract are working

It is important to know which foods are high and low in sucrose and starch. Taking Sucrailing should allow you to eat a normal amount of sucrose. Some people may need to reduce their starch intake.

See “Getting Started”

**“The goal with Sucrailing therapy is to eat as normal and as healthy a diet as possible!”**

Annie Bonney, SucrailingASSIST™ R.D.