

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

WEEK 2

- If your child's symptoms are better, no further changes are needed.
 - If your child is still having some GI symptoms, cut back on the amount of starch eaten and monitor symptoms for a week. See **Foods High in Starch** highlighted below.
- Tip:** Limit starch intake to one serving (a quarter to a half cup) per meal or half the amount usually eaten.

WEEK 3

- If your child's symptoms are better, you can begin to gradually add some high-starch foods back into your child's diet to determine the types and amounts of starch your child is 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 your child continues to experience any lingering GI symptoms or if your child's symptoms return at any point, contact the dietitian at One Patient Services to review your child's food intake and symptom journal. See blue flap for contact info.
- Note:** If your child is ever without Sucraid, he/she 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

- Saltine 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**
- **Beet 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.

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Sucraid® and Diet Therapy for Children

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



Sucraid®
(sacrosidase) Oral Solution
sucraid.com

