

# Helpful Information for Patients



**Sucraid®**  
(sacrosidase) Oral Solution  
Information about Sucraid®  
can be found at [Sucraid.com](http://Sucraid.com)  
and  
[Sucraid.com/patient-support/  
nutritional-support](http://Sucraid.com/patient-support/nutritional-support)

## US Bioservices

For drug delivery information,  
contact the specialty pharmacy at  
**US Bioservices**  
**Phone: 1-833-800-0122**  
**Fax: 1-866-850-9155**  
[usbioservices.com](http://usbioservices.com)

## CSID

For information on  
Congenital Sucrase-Isomaltase  
Deficiency (CSID) and Sucraid®  
visit [Sucraid.com](http://Sucraid.com)

Main: 1-800-705-1962 • Fax: 1-866-777-7097  
[sucraid@qolmed.com](mailto:sucraid@qolmed.com)

## Sucraid® Digests Sucrose

**Sucraid®** (sacrosidase) Oral Solution is an FDA-approved enzyme replacement for sucrase to aid in the digestion of sucrose in patients diagnosed with CSID. **Sucraid®** can help improve the breakdown and absorption of sucrose (table sugar) from the intestine and can help relieve the gastrointestinal (GI) symptoms of CSID. **Sucraid®** does not break down some sugars resulting from the digestion of starch. Therefore, you may need to reduce the amount of starch in your diet.

## 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 are currently in your diet; If you have other health issues that require a special diet; How well your digestive enzymes and your GI tract are working. It is important to know which foods are high and low in sucrose and starch.

If you have been on **Sucraid®** for several weeks and continue to have some lingering GI symptoms, you should talk to your doctor about whether you may need to adjust your starch intake. You should discuss dietary changes with your physician or registered dietitian prior to making any changes to your diet. **If you are ever without Sucraid®, you should avoid foods high in sucrose. See Red Flag Foods below.**



### Foods High in Sucrose - Red Flag Foods!

#### FRUIT

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

#### VEGETABLES

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

#### DAIRY

- Flavored milks containing
- Green peas
- Jicama
- Kidney beans
- Lima beans
- Okra
- Onion
- Parsnips
- Pumpkin
- Snow peas
- Split peas
- Sweet pickles
- Sweet potatoes, yams

- 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

**Bold foods are especially high in sucrose.** \* Sweetened with 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

**NOTE:** This information is provided for educational purposes only and is not a substitute for talking with your doctor. You should consult with your healthcare provider if you have questions or concerns about your diet and/or the use of Sucraid®.

### ADDITIONAL IMPORTANT SAFETY INFORMATION

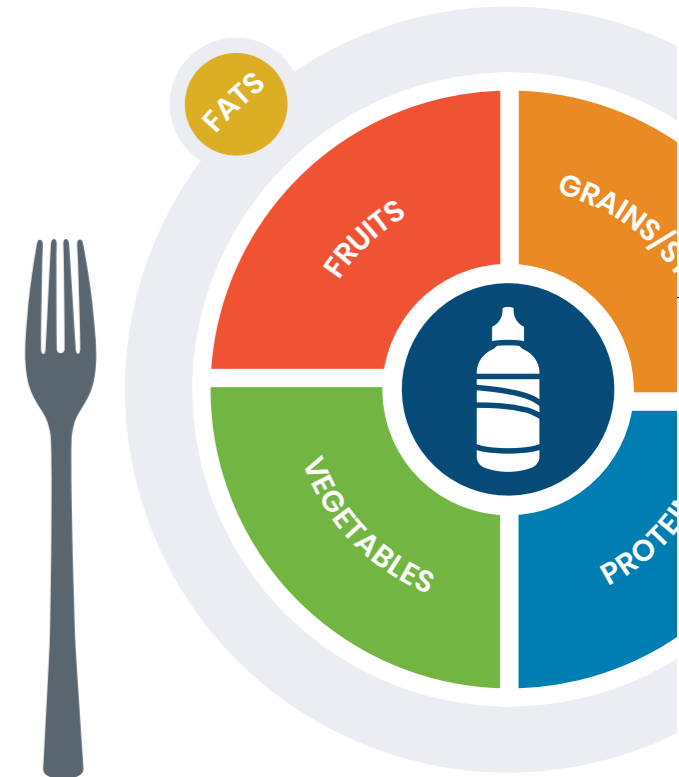
- Some patients treated with Sucraid® may have worse abdominal pain, vomiting, nausea, or diarrhea. Constipation, difficulty sleeping, headache, nervousness, and dehydration have also occurred in patients treated with Sucraid®. Check with your doctor if you notice these or other side effects.
- Sucraid® has not been tested to see if it works in patients with secondary (acquired) sucrase deficiency.
- **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.
- Sucraid® should be refrigerated at 36°F-46°F (2°C-8°C) and should be protected from heat and light.

Please see additional Important Safety Information on *Sucraid® Digests Sucrose* 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](http://www.fda.gov/medwatch) or call 1-800-FDA-1088.

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# Sucraid® and Your Diet

This Guide is Intended for Patients on Sucraid®



**Sucraid®**  
(sacrosidase) Oral Solution  
[sucraid.com](http://sucraid.com)

