

# Helpful Information for Patients

## Sucraid® (sacrosidase) Oral Solution

Information about Sucraid® can be found at [Sucraid.com](http://Sucraid.com)

## Specialty Pharmacy

For drug delivery information, contact the specialty pharmacy at

Phone: 1-833-800-0122

Fax: 1-866-850-9155

## CSID

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

For general information, visit [sucraid.com](http://sucraid.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 a dietitian at SucraidASSIST™ 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

- Saltine crackers
- White bread
- White rice

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

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 *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](http://www.fda.gov/medwatch) or call 1-800-FDA-1088.

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# Sucraid® and Diet Therapy for Adults

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



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

