



NEOCATE LCP PARENT GUIDE



This guide is intended for parents or carers of children who have been prescribed Neocate LCP by a Healthcare Professional.

IMPORTANT NOTICE: Breastfeeding is best. Neocate LCP is a Food for Special Medical Purposes for the dietary management of Cow's Milk Allergy, Multiple Food Protein Allergies and other conditions where an amino acid based formula is recommended. It should only be used under medical supervision, after full consideration of the feeding options available including breastfeeding. Suitable for use as the sole source of nutrition for infants under one year of age. Refer to label for details.



WELCOME

Welcome to your Neocate LCP Parent Guide. Inside this booklet, you will find all of the information that you will need to get your baby started on Neocate LCP.



WHAT IS NEOCATE LCP?

Neocate LCP is an amino acid-based, hypoallergenic formula designed for infants with Cow's Milk Allergy.

It is prescribed for the dietary management of Cow's Milk Allergy (CMA), Multiple Food Protein Allergies (MFPA) and other conditions that require an Amino Acid-based Formula (AAF).

Neocate LCP does not contain any cow's milk protein, so eliminates the possibility of a reaction in babies allergic to this protein. It is manufactured in a cow's milk-free environment and packaged in a protective atmosphere to provide a high quality product.

Neocate LCP can meet your baby's complete nutritional requirements.



WHY HAS MY BABY BEEN PRESCRIBED NEOCATE LCP?

Neocate LCP has been prescribed by your Doctor or Dietitian because your baby has been diagnosed with Cow's Milk Allergy or another condition which requires an Amino Acid-based Formula.

HOW LONG WILL NEOCATE LCP TAKE TO WORK?

Scientific studies show that your baby's symptoms can start to resolve as quickly as 3 days after starting an Amino Acid-based Formula like Neocate LCP, but some symptoms may take up to 14 days, or longer.

All babies are different and symptom resolution will depend on the severity of the allergy and what symptoms your baby may have.

When you first start giving Neocate LCP to your baby it is important to persevere, without introducing any other formula or food, unless otherwise advised by your Doctor or Dietitian.

If you do not see some symptom improvement after 14 days, please consult your Doctor or Dietitian.

If you are encountering difficulties getting your baby to take Neocate LCP, try some of the tips in the 'Helpful hints & tips' section.





GETTING STARTED

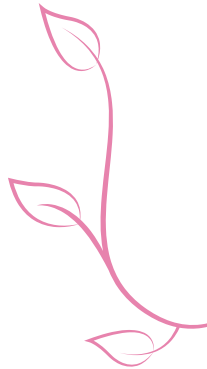
Due to their special formulation, hypoallergenic formulas such as Neocate LCP will **taste** and **smell different** to standard infant formulas. This is nothing to worry about and your baby will most likely adjust to the new taste and smell.

This adjustment period is likely to take up to **one week** (See 'Introducing a baby to Neocate LCP' section). Younger babies (less than 6 months) will generally adapt to the new taste quicker than older babies who have been on breast milk or standard infant milk formula for longer.

PREPARING NEOCATE LCP

For best results:

- Neocate LCP should be made up as needed and prepared immediately prior to feeding.
- Any prepared Neocate LCP not consumed within 1 hour after the baby has started feeding from the bottle should be discarded.
- Try to keep all the utensils you use to make up Neocate LCP separate and do not use them for anything else.
- Before using, make sure that all your utensils (i.e. bottles, steriliser, teats etc.) are thoroughly washed and sterilised. This is especially important if they have previously been used to make up another infant formula.
- If you need to prepare Neocate LCP in advance, the feeds should be refrigerated at 2-4°C immediately after mixing and should be used within 24 hours.
- Prepared feeds can be left outside of the fridge for a maximum of 4 hours.



Important notice:

- Do not boil the formula and do not use a microwave oven to prepare or warm formula.



PREPARATION INSTRUCTIONS



THE PREPARATION INSTRUCTIONS FOR NEOCATE LCP DIFFER TO STANDARD FORMULAS YOU BUY IN A SUPERMARKET. **PLEASE ALWAYS CHECK THE INSTRUCTIONS ON THE LABEL AND FOLLOW THEM CAREFULLY.**



1

Wash hands thoroughly and clean preparation area. Sterilise bottles and teats.



4

Add the prescribed number of scoops of Neocate LCP to the water.



2

Boil fresh water and allow to cool for at least 30 minutes so that it feels warm to the wrist. Pour the required amount of water into a sterilised feeding bottle.



5

Replace the cap on the bottle and shake until the powder dissolves. Before feeding make sure the formula is at the correct temperature by placing a few drops on the wrist.



3

Fill the scoop provided with Neocate LCP and level off with a clean, dry knife. Do not press the powder into the scoop. Only use the scoop provided (approximate weight is 4.5g).



6

Any formula remaining in the bottle after one hour of feeding should be discarded. Formula must not be rewarmed during feeding.

WHAT TO EXPECT WHEN FIRST USING NEOCATE LCP

When your baby starts taking Neocate LCP you may notice some changes to begin with, such as wind or a change in their stools (poo). This can be common and is just your baby's body getting used to a different type of feed. These changes usually settle with time, once they have adapted to digesting Neocate LCP.

✓ Formula appearance

Neocate LCP can appear less “milky” than other formulas. Don't be tempted to add extra powder to change the appearance unless advised otherwise by your Doctor or Dietitian; this is how it is supposed to look.

✓ Altered stool frequency and colour

You may notice some initial changes to your baby's stools (poo) e.g. colour, consistency, smell and frequency when you baby moves onto Neocate LCP. These changes may take a few days or up to a few weeks to settle.

A baby on Neocate LCP typically has green stools. This is perfectly normal and is due to the way Neocate LCP is digested. It's also normal for bowel movements to decrease in frequency once your child starts on Neocate LCP.

Always speak to your child's Doctor or Dietitian if your child's stools are black in colour or if they are overly hard and dry and your child seems to have trouble passing them.

✓ Wind

Initially your baby may have more wind while drinking Neocate LCP. This is common and should settle. It is just your baby's body getting used to digesting Neocate LCP.

✓ Increased appetite

Your baby may start drinking larger amounts of Neocate LCP once their allergy symptoms have resolved. This is to be expected, especially if your baby is underweight for his/her age. Continue to feed on demand, unless otherwise directed by your Doctor or Dietitian.

➡ If in any doubt, always contact your child's Doctor or Dietitian for advice.



HELPFUL HINTS AND TIPS



It can take up to 14 days before you start to notice a change in your baby's symptoms

It is possible that your child might not appear to like the taste of Neocate LCP when it is first introduced.

This may be due to your child having learnt to associate feeding with unpleasant symptoms of their allergy rather than not liking the taste – this should improve as your child starts to feel better following the introduction of Neocate LCP.



Remember that infants don't have a fully developed sense of taste and their perception of flavour is different to that of an adult.

- * Introduce Neocate LCP as soon as possible after it has been prescribed.
 - * Try to make sure your baby is hungry/thirsty when introducing Neocate LCP for the first time.
 - * If your baby has delayed type reactions or is switching over from a different hypoallergenic formula you can introduce Neocate LCP gradually with the other formula your baby is currently taking (check the next section on gradual transitioning from your current formula onto Neocate LCP).
 - * If your baby is over 6 months old and able to drink out of a beaker, try offering Neocate LCP from a covered beaker.
 - * When your baby starts to show signs that they're ready to start weaning, talk to your baby's Doctor or Dietitian who will advise you. Neocate LCP can be added to certain weaning foods (see Neocate LCP Recipe Book); however, you should always speak to your baby's Doctor or Dietitian before introducing weaning foods to your baby.
 - * If any of the above tips do not work and you have tried offering Neocate LCP for over 1 week, discuss with your Doctor or Dietitian whether you can add anything to the formula to help your baby accept it.
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INTRODUCING A BABY TO NEOCATE LCP



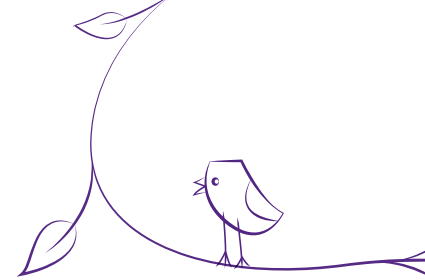
- Always follow the advice from your Healthcare Professional.
- From approximately 4-6 months onwards, you may find that your baby will not easily accept a change in formula. This is common and it can take several attempts to introduce a new taste.
- If your baby does not successfully manage a straight switch of formula, the following simple guide has been developed to help you with this transition, where the ratio of new to old formula is increased over time. For some children, this may need to be done very slowly.
- The most important factor is that once you begin the transition, try not to return to the original formula if your baby refuses the next step. Please see the simple transition guide opposite as an example.
- Your Dietitian may advise you to make the proportions smaller or greater depending on the needs of your child. It is important to remember however that your child needs to fully transition over to Neocate LCP and stop the original formula.
- Please see the simple transition guide opposite. Your Doctor or Dietitian may recommend a different way of introducing however, and their advice should always be followed.

TRANSITIONING FROM BREAST MILK TO NEOCATE LCP

In certain circumstances, your Doctor or Dietitian might decide that your baby needs extra feeds of Neocate LCP to provide an extra 'top-up' to breastfeeding, or that you should transition onto Neocate LCP from breastfeeding. If this is the case, this transition to a new taste and new method of drinking can be a challenge and listed here are a few tips that can help:

- Continue to breastfeed as recommended by your Doctor or Dietitian, and always follow their advice about when and how to introduce Neocate LCP as a top-up feed.
- If your baby struggles to adapt to the taste of Neocate LCP to begin with, try expressing some breast milk and mixing in a small amount of Neocate LCP to offer to your baby. The Neocate LCP should be made up as per instructions on the tin before adding it to the expressed breast milk. **Remember to always mix this fresh** and discard any of the mixture which is not consumed from the bottle within 1 hour.
- If you need to move on to Neocate LCP from breastfeeding, with the same principle of a gradual transition from one formula to another, try to increase the amount of Neocate LCP and decrease the amount of breast milk until the amount recommended by your Doctor or Dietitian is reached.

GRADUAL TRANSITIONING FROM YOUR CURRENT FORMULA ONTO NEOCATE LCP



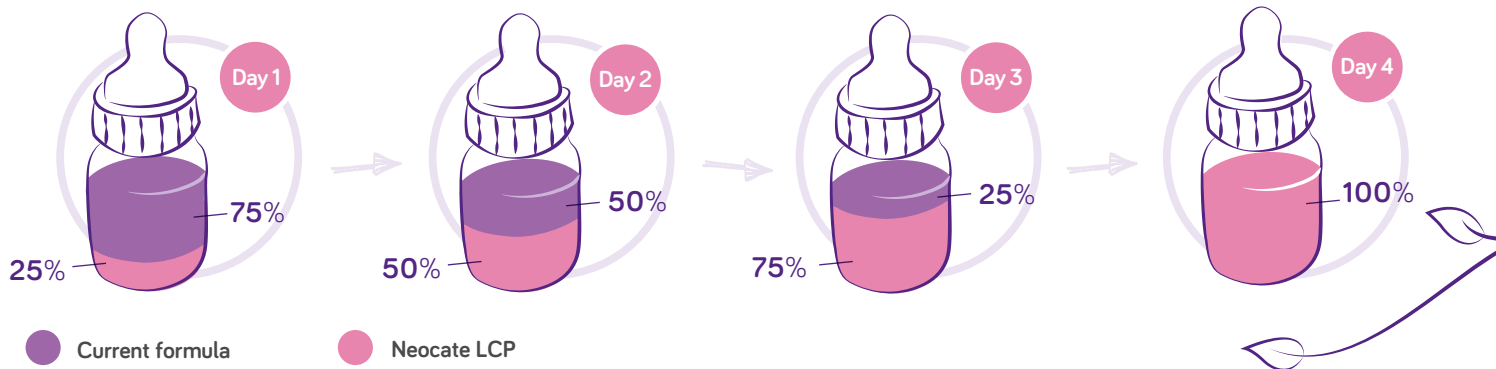
In certain circumstances, particularly in infants older than 6 months, a more gradual transition onto Neocate LCP may be required*. This is so that your child can get used to the difference in taste.

Day 1. Mix up your current formula to a total volume of 75% ($\frac{3}{4}$) of the required volume of feed. Mix up Neocate LCP to the remaining 25% ($\frac{1}{4}$) volume of the feed. Continue to repeat this 'recipe' for each bottle for the rest of the day.

Day 2. Mix up your current formula to a total volume of 50% ($\frac{1}{2}$) of the required volume of feed. Mix up Neocate LCP to the remaining 50% ($\frac{1}{2}$) volume of the feed.

Day 3 and 4. Continue to increase the volume of Neocate LCP by 25% until 100% of the formula is Neocate LCP.

Note: if your child accepts the mixture of formulas on day 1 and then does not accept day 2, trial day 1 again, until you have fully moved over onto Neocate LCP.



* Only suitable for children with the delayed type cow's milk allergy.

SUPPORTING YOU

Contact our dedicated helpline

To talk to someone from Nutricia

03457 623 653

resourcecentre@nutricia.com

Visit nutricia.co.uk/patient-carers

For advice and recipes for parents of children who have been prescribed Neocate



Go to cowsmilkallergy.co.uk

A website dedicated to giving you all the information you need on Cow's Milk Allergy



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