

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
Call 1-800-705-1962
 or visit SucraidASSIST.com

Daily Living

To talk to a Peer Coach,
Call 1-800-705-1962

SucraidASSIST.com

Patient support services, educational information and resources, and product updates

+ If you or your healthcare providers have any questions related to diet, please call **SucraidASSIST™** 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@qolmed.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

- | | | | | |
|---|--|--|---|---|
| <p>STARCHY VEGETABLES</p> <ul style="list-style-type: none"> Beans (black, kidney, lima) Corn Peas (black-eyed, green) Potatoes (white, red, golden) | <ul style="list-style-type: none"> Sweet potatoes Yams <p>WHOLE GRAINS</p> <ul style="list-style-type: none"> Brown rice Bran cereal, oats Popcorn | <ul style="list-style-type: none"> Quinoa Whole grain bread, cereal, crackers, pasta <p>REFINED STARCH</p> <ul style="list-style-type: none"> Cakes Cookies | <ul style="list-style-type: none"> Cereal, granola bars Chips (corn, potato, tortilla) Muffins, pastries Pancakes, waffles Pasta Refined cereal | <ul style="list-style-type: none"> 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)

- | | | | | | |
|---|---|---|---|--|---|
| <p>FRUIT</p> <ul style="list-style-type: none"> Apples Apricots Bananas Cantaloupe Clementine Dates Grapfruit Guava Honeydew melon Mandarin oranges Mango Nectarine Oranges Passion fruit Peaches | <ul style="list-style-type: none"> Persimmon Pineapple Plums Tangelos Tangerines Watermelon <p>VEGETABLES</p> <ul style="list-style-type: none"> Beets Carrots Cassava (yucca) Chickpeas (garbanzo beans) Coleslaw Corn Edamame | <ul style="list-style-type: none"> Green peas Jicama Kidney beans Lima beans Okra Onion Parsnips Pumpkin Snow peas Split peas Sweet pickles Sweet potatoes, yams <p>DAIRY</p> <ul style="list-style-type: none"> Flavored milks containing | <p>sucrose (chocolate milk)*</p> <ul style="list-style-type: none"> Milk shakes sweetened with condensed milk, malted milk* Yogurt* Yogurt containing fruits from the high-fructose fruits listed above <p>BAKED AND PROCESSED FOODS*</p> <ul style="list-style-type: none"> Breakfast cereals Granola bars | <ul style="list-style-type: none"> Muffins Pancakes, pastries, and waffles Sweets and desserts: cake, pie, cookies Candy Ice cream Popsicles Pudding Pie Sherbet Sorbet Brownies Chocolate | <p>SWEETENERS AND INGREDIENTS</p> <ul style="list-style-type: none"> 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

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) sucrose 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 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

