

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™](http://SucraidASSIST.com) 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 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 (RD/N) 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 your child's dietitian or doctor. You can also contact a dietitian at [SucraidASSIST™](http://SucraidASSIST.com) to review.
- 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 <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 WHOLE GRAINS <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 REFINED STARCH <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)

FRUIT <ul style="list-style-type: none"> • Apples • Apricots • Bananas • Cantaloupe • Clementine • Dates • Grapefruit • Guava • Honeydew melon • Mandarin oranges • Mango • Nectarine • Oranges • Passion fruit • Peaches 	<ul style="list-style-type: none"> • Persimmon • Pineapple • Plums • Tangelos • Tangerines • Watermelon VEGETABLES <ul style="list-style-type: none"> • Beets • Carrots • Cassava (yuca) • Chickpeas (garbanzo beans) • Coleslaw • Corn • Edamame 	<ul style="list-style-type: none"> • Green peas (chocolate milk)* • Jicama • Kidney beans • Lima beans • Okra • Onion • Parsnips • Pumpkin • Snow peas • Split peas • Sweet pickles • Sweet potatoes, yams DAIRY <ul style="list-style-type: none"> • Flavored milks containing 	<ul style="list-style-type: none"> • 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* <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 	SWEETENERS AND INGREDIENTS <ul style="list-style-type: none"> • 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 child's doctor. You should consult with your child's healthcare provider if you have questions or concerns about your child's 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 or call 1-800-FDA-1088.**

2020 QOL MEDICAL, LLC. ALL RIGHTS RESERVED. SUC20.1024 04/2020

Sucraid® and Diet Therapy for Children

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



Sucraid®
 (sacrosidase) Oral Solution
sucraid.com

