**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 the dieticians at One Patient Services to review your food intake and symptom journal. See blue flag 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**

**STARVY VEGETABLES**
- Beans (black, kidney, pinto)
- Onions
- Corn
- Squash (acorn, butternut, zucchini)
- Snow peas
- Mushrooms
- Spinach
- Peas
- Pea pods

**WHOLE GRAINS**
- Brown rice
- Black rice
- Brown rice
- Quinoa
- Barley
- Barley blend
- Teff

**REFINED STARCH**
- Cassava
- Chestnuts
- Chestnuts
- Cane sugar/syrup
- Beet sugar

**DAIRY**
- Cheese (partly skimmed)
- Cheese (full-fat)
- Cheese (full-fat)
- Yogurt
- Yogurt
- Yogurt
- Ricotta cheese
- Milk
- Milk
- Milk

**RED FLAG FOODS (Foods High in Sucrose)**

**FRUIT**
- Apples
- Apricots
- Bananas
- Blackberries
- Grapes
- Pears
- Peaches

**INDUCERS OF GI DISTRESS**
- Acetaminophen
- Ibuprofen
- Naproxen
- Ketoprofen
- Celecoxib

**SWEETENERS AND INGREDIENTS**
- Sugar (table sugar)
- Maltose
- High-fructose corn syrup
- Corn syrup
- High-fructose corn syrup
- High-fructose corn syrup
- High-fructose corn syrup
- High-fructose corn syrup
- Sucrose (table sugar)
- Glucose (table sugar)
- Mannitol
- Xylitol
- Sorbitol
- Maltitol
- Sorbitol
- Sorbitol
- Mannitol
- Xylitol
- Xylitol

**SUGAR ALCOHOLS**
- Saccharin
- Acesulfame potassium
- Aspartame
- Neotame
- Alitame
- Stevia

**ARTIFICIAL SWEETENERS**
- Sucralose
- Acesulfame potassium
- Aspartame
- Neotame
- Alitame
- Stevia

**ADDITIONAL IMPORTANT SAFETY INFORMATION**

- Tell your doctor if you have diabetes, as your blood glucose levels may change if you begin taking Sucraid. Your doctor will tell you if your diet or diabetes medicines need to be changed.
- 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.
- 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.
- Please see additional important safety information on What is CSID? page and 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.

**Contact Information about Sucraid® (sacrosidase)**
- Disease and diet information for patients
- Nutritional and dietary support is FREE
- If you or your healthcare providers have any questions related to diet, please call One Patient Services at 1-800-705-1962 to speak with a registered dietitian/nutritionist.
- To talk to a Peer Coach, contact Anne Boney, Registered Dietitian, or Brandi Rabon, Nutritionist.
- To order product, contact U.S. Bioservices
- Phone: 1-833-800-0122
- Fax: 1-866-850-9155

**Starch and Sugar Chart**

- In general, add only one new food every three days to be sure it is well-tolerated.
- 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.

**Additional Important Safety Information**

- Tell your doctor if you have diabetes, as your blood glucose levels may change if you begin taking Sucraid. Your doctor will tell you if your diet or diabetes medicines need to be changed.
- 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.
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- Please see additional important safety information on What is CSID? page and 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.
**Sucraid® (sacrosidase) Oral Solution** is an FDA-approved enzyme replacement for sucrase in the digestion of sucrose in patients with diagnosed CSD.

**Sucraid Dosing**
- **WEIGHT:** less than 3.3 pounds
  - **DOSE:** 1 milliliter (mL) Sucraid with meals and snacks
  - **MIX WITH:** 2-4 ounces of water, milk, or sucrose-free, starch-free infant formula
  - **TAKE:** Drink half of the mixture before meals and snacks; drink the remaining half midway through the meal or snack

**Sucraid must be kept refrigerated. Do not mix Sucraid in anything other than water, milk, or infant formula. Do not heat Sucraid or mix in hot beverages. For more information about Sucraid, call QOL Medical, LLC at 1-800-705-1962.

**INDICATIONS AND USE**
Sucread® (sacrosidase) Oral Solution is an enzyme replacement therapy for the genetically acquired sucrase deficiency, which is part of congenital sucrase-isomaltase deficiency (CSD).

**IMPORTANT SAFETY INFORMATION FOR SUCRAID (SACROSIDASE) ORAL SOLUTION**
- **Tell your doctor if you are allergic to:** have ever had a reaction to, or have ever had difficulty taking yeast, yeast products, papain, or glycercin (glycerol).
- **Sucread may cause a serious allergic reaction.** If you notice any swelling or have difficulty breathing, get emergency help right away.
- **Sucread does not break down some sugars that come from the digestion of starch.** You may need to restrict the amount of starch in your diet. Your doctor will tell you if you need to restrict starch in your diet.

**Please see additional Important Safety Information on Getting Started page and in enclosed full Prescribing Information.**