

# COW & GATE INSTANT CAROBEL

a thickening agent with carob bean gum



supports continuation of breastfeeding



contains carob bean gum,  
proven to reduce regurgitation  
episodes by up to 78%<sup>1</sup>



can be used in children  
under 1 year of age



available on prescription  
(PIP Code: 246-9450)  
or purchased over  
the counter



# HOW TO PREPARE INSTANT CAROBEL FOR BREASTFED INFANTS



## STEP 1

Instant Carobel can be spoon-fed as a gel by adding 3 level scoops to 60 mL (2 fl oz) of cooled, freshly boiled water.



## STEP 2

Stir well and leave to thicken for 3–4 minutes.



## STEP 3

Stir again and feed immediately in small quantities, by spoon, prior to and during the infant milk feed.

The above is intended as a guide only and you may need to vary this to suit individual requirements.

Discard unused made up gel immediately. Infants should be supervised at all times when feeding.

Instant Carobel will continue to thicken up between 4–15 minutes after mixing. Therefore, it is advisable to add one scoop at a time, stir well and allow to thicken, and then add more Instant Carobel until the desired consistency is achieved.

Instant Carobel can also be used for formula-fed infants as per NICE<sup>2</sup> guidelines for infants with frequent regurgitations associated with marked distress. However, we recommend to use Cow & Gate Anti-Reflux formula, pre-thickened with carob bean gum for convenience.

For further information, downloadable resources and e-learning, visit [www.eln.nutricia.co.uk/reflux-regurgitation](http://www.eln.nutricia.co.uk/reflux-regurgitation)  
Or contact our HCP helpline on 0800 996 1234

#### References

1. Wenzl TG, et al. *Pediatrics* 2003;111(4):e355–e359. 2. NICE. Gastro-oesophageal reflux disease: recognition, diagnosis and management in children and young people. 2015. Available at: [www.nice.org.uk/guidance/NG1](http://www.nice.org.uk/guidance/NG1) [Accessed: March 2019].

#### IMPORTANT NOTICE

Instant Carobel is a food for special medical purposes and is suitable for full term infants, children and adults. We do not recommend the use of Instant Carobel with preterm or low birthweight babies as there is no clinical data to support its use in these infants. Only to be used under medical supervision. All instructions for preparation should be followed carefully. Not suitable as a sole source of nutrition. In the interest of good dental hygiene, clean your baby's teeth regularly, especially before bedtime.

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