



NEOCATE SYNEO PARENT GUIDE



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

Neocate Syneo 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 must be used under medical supervision after full consideration of all feeding options, including breastfeeding.

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WELCOME

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



WHAT IS NEOCATE SYNEO?

Neocate Syneo is an amino acid-based, hypoallergenic formula with additional friendly bacteria, 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 Syneo 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.

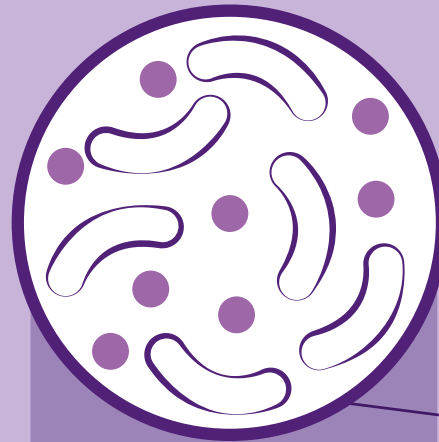
Neocate Syneo can meet your baby's complete nutritional requirements.



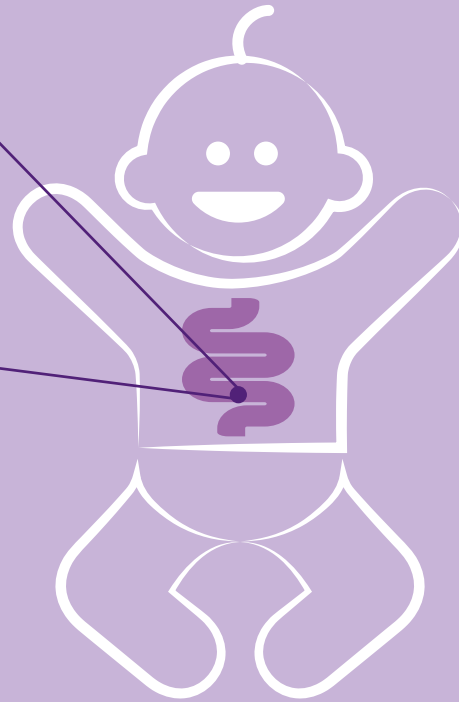
WHAT ARE FRIENDLY BACTERIA?

The friendly bacteria in Neocate Syneo are called "*Bifidobacterium breve* M-16V (*B. breve* M-16V)". These bacteria do not contain any milk protein which makes them suitable for babies with Cow's Milk Allergy (CMA). The friendly bacteria have been studied extensively by scientists and have been shown to be not only safe but also well tolerated by babies with CMA.

The preparation instructions for Neocate Syneo are different from standard formula, so it is important to check the instructions on the label and follow them carefully. Neocate Syneo is prepared using boiled water which has been cooled down to room temperature - this is because boiling water can kill the friendly bacteria, and stop them from working.



Lots of bacteria live in your baby's tummy



WHY HAS MY BABY BEEN PRESCRIBED NEOCATE SYNEO?

Neocate Syneo 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 SYNEO 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 Syneo, 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 Syneo 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 Syneo, try some of the tips in the 'Helpful hints & tips' section.



GETTING STARTED

Due to their special formulation, hypoallergenic formulas such as Neocate Syneo 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 Syneo' 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.

PREPARATION INSTRUCTIONS



THE PREPARATION INSTRUCTIONS FOR NEOCATE SYNEO 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.



2

Boil fresh water for five minutes or until an electric kettle switches off.



3

Pour the required amount of water into a sterilised feeding bottle. Cover the bottle with the cap and **cool down to room temperature**.



4

Before adding the formula make sure the water is at the correct temperature by placing a few drops on the wrist. It should feel slightly cool to the touch.



5

Fill the scoop provided with Neocate Syneo and level off with a clean, dry knife. Do not press the powder into the scoop. Only use the scoop provided (approximate weight is 4.8g). Add the prescribed number of scoops of Neocate Syneo to the water.



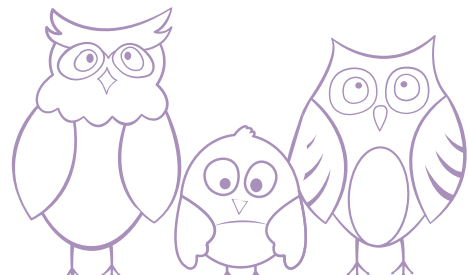
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Replace the cap on the bottle and shake until the powder dissolves.

PREPARING NEOCATE SYNEO

For best results:

- Neocate Syneo should be made up as needed and prepared immediately prior to feeding.
- Formula remaining in the bottle after one hour of feeding should be discarded.
- Try to keep all the utensils you use to make up Neocate Syneo 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.

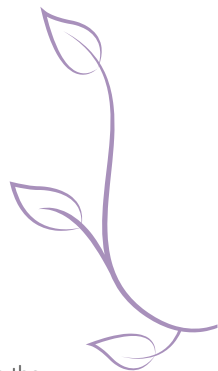


How long will it take to cool water to room temperature before adding Neocate Syneo?

The time it takes the water to cool down to room temperature will depend on the volume of water in the bottle and the temperature of the room where you are making up the formula.

A helpful tip is to test the temperature of the water on the back of your wrist - room temperature water will feel slightly cool to the touch. At this point you can add the Neocate Syneo powder and shake thoroughly.

To cool the water to room temperature more quickly, you can place the closed bottle in a cold water bath, or hold under cold running water until the water inside the bottle reaches room temperature.



Why is Neocate Syneo prepared differently to other formula milks?

It is important to follow the preparation instructions carefully for Neocate Syneo. The preparation instructions for Neocate Syneo differ to standard formulas you buy in a supermarket and some other hypoallergenic formulas.

Mixing the formula with boiled water cooled down to room temperature is important as mixing at a higher temperature may kill the friendly bacteria and stop them from working.

How long can I use Neocate Syneo for after the tin is opened?

Sealed tins of Neocate Syneo should be stored in a cool, dry place and used by the expiry date, which is located on the bottom of each tin. After the tin is opened, it should be used within 2 weeks.

Can Neocate Syneo be prepared in advance?

We recommend that ideally Neocate Syneo should be fed immediately after mixing. Any prepared Neocate Syneo not consumed within 1 hour after the baby has started feeding from the bottle should be discarded.

If you need to prepare Neocate Syneo in advance, the feeds should only be left at room temperature (out of the fridge) for a maximum of 4 hours.

Prepared Neocate Syneo can be refrigerated at 2-4°C immediately after mixing and should then be used within 24 hours.

Remember: do not microwave Neocate Syneo!

Can I warm Neocate Syneo that's been refrigerated?

Yes, although we recommend doing so carefully, if you make Neocate Syneo too warm it may stop the friendly bacteria from working.

If you choose to warm Neocate Syneo back up to room temperature, do not use a microwave oven. Gently warm cold formula by placing the closed bottle of feed in a warm water bath, or by holding the closed bottle of feed under warm, running water. Avoid heating the Neocate Syneo above room temperature so as not to kill the friendly bacteria.



Important notice:

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

WHAT TO EXPECT WHEN FIRST USING NEOCATE SYNEO

When your baby starts taking Neocate Syneo you may notice some changes such as trapped wind or a change in their poo. This can be common and is just your baby's body getting used to digesting Neocate Syneo.

✓ Formula appearance

Neocate Syneo 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 in your baby's stools e.g. colour, consistency and smell when your baby moves on to Neocate Syneo. These changes may take a few days to weeks to settle.

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

In the first days or weeks of use, your baby may also have more wind or flatulence, which may cause some temporary discomfort or fussiness. This is common and should settle.

✓ Increased appetite

Your baby may start drinking larger amounts of Neocate Syneo 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.

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

This may be due to your baby 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 Syneo.



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

HELPFUL HINTS AND TIPS

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

- * Introduce Neocate Syneo as soon as possible after it has been prescribed.
- * Try to make sure your baby is hungry/thirsty when introducing Neocate Syneo for the first time.
- * If your baby has delayed type reactions or is switching over from a different hypoallergenic formula you can introduce Neocate Syneo gradually with the other formula your baby is currently taking (check the next section on gradual transitioning from your current formula onto Neocate Syneo).
- * If your baby is over 6 months old and able to drink out of a beaker, try offering Neocate Syneo 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 Syneo can be added to certain weaning foods (see Neocate Syneo 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 Syneo for over 1 week, discuss with your Doctor or Dietitian whether you can add anything to the formula to help your baby accept it.

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

INTRODUCING A BABY TO NEOCATE SYNEO

- 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 over time. For some children, this may need to be done very slowly.
- Once you begin the transition, avoid returning to the original formula if your baby refuses the next step.
- Please see the simple transition guide opposite as an example. It is important to remember however that your child needs to fully transition over to Neocate Syneo and stop the original formula.
- Your Dietitian may advise you to make the proportions smaller or larger depending on the needs of your child or they may advise a different way of introducing Neocate Syneo. Always follow the advice of your Healthcare Professional.

TRANSITIONING FROM BREAST MILK TO NEOCATE SYNEO

In certain circumstances, your Doctor or Dietitian might decide that topping up breastfeeds with Neocate Syneo or transitioning onto Neocate Syneo from breastmilk is the best option for your baby.

If this is the case, this transition to a new taste and new method of drinking can be a challenge, here are a couple of tips that can help:

- Try expressing some breastmilk and mixing in a small amount of Neocate Syneo to offer to your baby. The Neocate Syneo should be made up as per the instructions before adding it to the expressed breastmilk. Remember to always mix this fresh and discard any of the mixture which is not consumed within one hour.
- With the same principle of a gradual transition from one formula to another, try to increase the amount of Neocate Syneo and decrease the amount of breastmilk until the amount recommended by your Doctor or Dietitian is reached, or unless advised otherwise by your Doctor or

Breastfeeding is the best way to feed your baby. It is important to carefully discuss the introduction of a formula such as Neocate Syneo with your Doctor or Dietitian, and the option to continue breastfeeding where possible.

GRADUAL TRANSITIONING FROM YOUR CURRENT FORMULA ONTO NEOCATE SYNEO

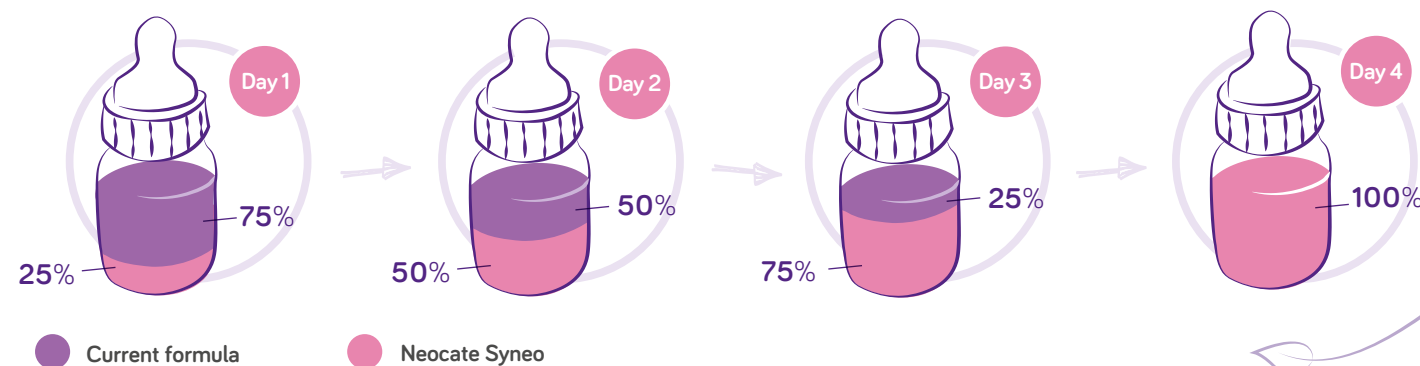
In certain circumstances, particularly in infants older than 6 months, a more gradual transition onto Neocate Syneo may be required. This is so that your child can get used to the difference in taste.

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 Syneo 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 Syneo to the remaining 50% ($\frac{1}{2}$) volume of the feed.

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

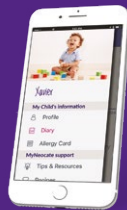
Note: if your child accepts the mixture of formulas on day 1 and then does not accept day 2, trial day 1 again, until you have fully moved over onto Neocate Syneo.



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SUPPORTING YOU



Dedicated Helpline

UK: 08457 623 653

Northern Ireland: 0800 783 4379

MyNeocate App

Download the MyNeocate App from the Apple App Store for tools, tips, recipes and articles to help you manage your child's allergy.



Neocate Parent Pack

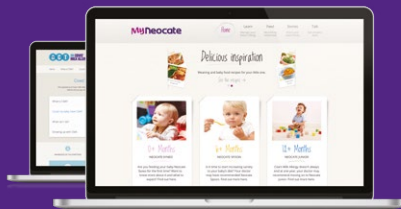
Materials to help get your baby started on Neocate Syneo, including Recipe Book and Parent Guide.

myneocate.co.uk

A support website full of advice, recipes, videos and FAQs for parents of children who have been prescribed Neocate.

cowsmilkallergy.co.uk

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



Nutricia Ltd, White Horse Business Park,
Newmarket Avenue, Trowbridge, Wiltshire,
BA14 0XQ, UK.

Nutricia Ireland Ltd,
Deansgrange Business Park, Deansgrange,
Co. Dublin

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