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## **Emergency Regimen (10% Carbohydrate)** *For children under 1 year of age*

This emergency regimen should be given if your child becomes unwell e.g. diarrhoea, vomiting, high temperature or any illness associated with loss of appetite.

- Give the emergency regimen of regular glucose polymer drinks
- Drinks should be given every 2 hours (day & night)
- If your child does not tolerate the emergency regimen contact your doctor or the hospital as soon as possible.
- After 24 hours of being on the emergency regimen the usual diet can be reintroduced, taking extra glucose polymer drinks during the day until the normal diet is resumed.
- If your child is still unwell after 24 hours contact your local hospital.

### **Feeding volumes**

(The volume given will change at different ages as your child gains weight)

<b>3kg =</b>	<b>40ml every 2 hours day &amp; night</b>
<b>3.5kg =</b>	<b>45ml every 2 hours day &amp; night</b>
<b>4kg =</b>	<b>50ml every 2 hours day &amp; night</b>
<b>4.5kg =</b>	<b>55ml every 2 hours day &amp; night</b>
<b>5kg =</b>	<b>60ml every 2 hours day &amp; night</b>
<b>5.5kg =</b>	<b>65ml every 2 hours day &amp; night</b>
<b>6kg =</b>	<b>70ml every 2 hours day &amp; night</b>
<b>6.5kg =</b>	<b>75ml every 2 hours day &amp; night</b>
<b>8kg =</b>	<b>80ml every 2 hours day &amp; night</b>
<b>9kg =</b>	<b>90ml every 2 hours day &amp; night</b>
<b>13kg =</b>	<b>100ml every 2 hours day &amp; night</b>

## Recipes

### Recipe using S.O.S - 10 powder

This is made up according to the instructions on the box.

1 sachet of S.O.S -10 is made up to 200ml with cooled, boiled water

### Recipe using Maxijul\* powder

(always use level scoops)

#### Smaller volume recipe

**5 yellow** scoops of **Maxijul**

made up to **200ml** using cooled, boiled water.

#### Larger volume recipe

**4 big blue** scoops **Maxijul**

made up to **1000ml** using cooled, boiled water

or 132g sachet Maxijul  
made up to 1200ml using cooled, boiled water.

### Recipe using Dioralyte

(this might be prescribed for an illness where diarrhoea is present)

1 sachet Dioralyte

200ml cooled, boiled water

4 yellow scoops of Maxijul or 4 yellow scoops of powder from the SOS sachet

Give volumes according to weight (see previous page)

\* Polycose, Caloreen, Vitajoule, Polycal are alternatives to Maxijul