



K·Vita<sup>®</sup>

# Introduction plans for children taking K·Vita



Name: \_\_\_\_\_

If you have any questions or you or your child need support whilst they are taking K·Vita, please contact:

Name: \_\_\_\_\_

Healthcare profession or title: \_\_\_\_\_

Clinic/Hospital: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_



Enhancing Lives Together



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This booklet contains introduction plans and an overview of how to measure and start taking **K·Vita**. This information is from the 'Guide for children taking **K·Vita**'. Please also refer to and follow the advice in this guide when giving **K·Vita** to your child, and any additional guidance provided by their healthcare professional.



# Notes

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# 1

## Measuring K·Vita

**K·Vita** is introduced in measured amounts.

To do this, you can use either:

### A measuring cup marked with 5ml graduations

Your hospital, clinic or pharmacy may be able to provide measuring cups if you ask for a supply.



OR

### Household or measuring spoons.

You will need a teaspoon (5ml) and a tablespoon (15ml).

Measuring cups and spoons can be bought from on-line stores or shops that sell kitchenware.



1. Shake the pack a few times.
2. Unscrew the top of the **K·Vita** pack.
3. Pour **K·Vita** into the measuring cup up to the required graduation mark. If using a spoon, hold it horizontally and drip **K·Vita** into it until it is level with the sides.

**K·Vita** is quite thick so you may need to gently squeeze the pack to get it out, especially when the pack is nearly empty.

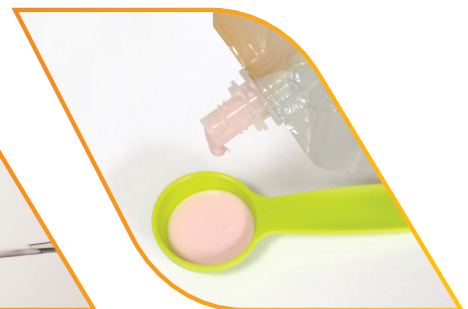
4. Replace the cap on the pack. Storage instructions are on page 11 of the 'Guide for children taking **K·Vita**'.



Into a measuring cup



Onto a spoon



Onto a measuring spoon

## 2

## Taking K·Vita

**K·Vita** can be served at room temperature or chilled from the fridge.

Your child can take **K·Vita** 'as is' directly from the measuring cup or from the spoon.

OR

Transfer all the **K·Vita** out of the measuring cup or from the spoon into a small mug or bowl. Add some plain milk or unsweetened yogurt, mix well and give them this to drink or eat.



### IMPORTANT

**Ensure your child eats all of the measured amounts of K·Vita. If using a measuring cup, use a small spoon to scrape off and remove any that sticks to the sides and give it to them to eat.**

**If K·Vita is mixed into plain milk or unsweetened yogurt, make sure they finish the whole portion.**

## 3

## Following the K·Vita four-week introduction plan

**Introduction plans for using measuring cups or spoons, and more advice on taking K·Vita are in section 4 (page 4 onwards).**

Always:

- Measure **K·Vita** before giving it to your child using a measuring cup or spoons
- Give **K·Vita** regularly throughout the day, for example, every three to four hours
- Give **K·Vita** with food, ideally with meals and snacks – before, during or after eating

It may seem that it will take a long time to introduce **K·Vita**. However, starting with small quantities and building up the amounts gradually by following the four-week plan is definitely worthwhile. Children can be very sensitive to **K·Vita**, especially at first, and most need time to get used to having it.

## K·Vita Introduction Plans

1. Decide if you will measure out **K·Vita** by using a measuring cup or household or measuring spoons. Then follow the appropriate plan:
  - Measuring cup: pages 5 - 9
  - Household or measuring spoons: pages 10 - 14
2. Tick off each time your child takes **K·Vita** so you can see where they are up to.  
If you prefer, each page in this section can be torn out and put up somewhere visible, for example, on a notice board or on the fridge door
3. The introduction plan starts with taking **K·Vita** three times daily, then increases to four times daily after two days
4. The quantity of **K·Vita** increases by 5ml per day (or every other day) over each of the four weeks
5. The recommended daily amount of one pack (120ml) of **K·Vita** is reached at the end of week four (30ml four times per day)
6. Your child will not use all of the **K·Vita** you are given for the four-week introduction. This is because the amounts they take will be very small at first, especially during weeks one and two
7. Please use a new pack of **K·Vita** each day. Follow the storage instructions on page 11 of the 'Guide for children taking **K·Vita**' and do not use any **K·Vita** from an opened pack after 24 hours

Your child will be reviewed during and/or at the end of the four-week introduction of **K·Vita**. However, please contact their healthcare professional using the contact details on the front of this booklet if you have any concerns about introducing **K·Vita**, or if they:

- Have side effects from taking **K·Vita** which don't get better after trying the suggestions on page 8 of the 'Guide for children taking **K·Vita**'
- Are struggling to take **K·Vita**
- Seem to have an improvement before the end of the **K·Vita** four-week introduction

### IMPORTANT

**If you are given an individualised K·Vita introduction plan for your child by their healthcare professional, please follow their instructions carefully. Do not use any of these plans.**

# K·Vita introduction plan – Week One

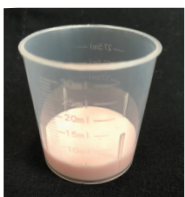
Follow this introduction plan if you are using a measuring cup.

Use measuring cups marked with 5ml graduations. Ask your healthcare professional or pharmacist for a supply, or purchase from an on-line or kitchenware shop.

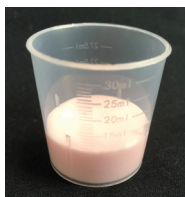
Write in the dates and tick the boxes to keep a record of when and how much K·Vita your child takes.

		Breakfast		Lunch		Dinner		Evening or bedtime snack		Total per day	
Day	Date	ml	✓	ml	✓	ml	✓	ml	✓	ml	✓
1		5		5		5		0	✗	15	
2		5		5		5		0	✗	15	
3		5		5		5		5		20	
4		5		5		5		5		20	
5		10		5		5		5		25	
6		10		5		5		5		25	
7		10		10		5		5		30	

Measuring cups containing 5ml and 10ml of K·Vita



5ml



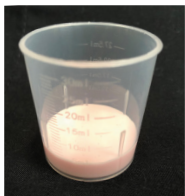
10ml



# K·Vita introduction plan – Week Two

		Breakfast		Lunch		Dinner		Evening or bedtime snack		Total per day	
Day	Date	ml	✓	ml	✓	ml	✓	ml	✓	ml	✓
1		10		10		5		5		30	
2		10		10		10		5		35	
3		10		10		10		10		40	
4		15		10		10		10		45	
5		15		15		10		10		50	
6		15		15		15		10		55	
7		15		15		15		15		60	

Measuring cups containing 5ml, 10ml and 15ml of K·Vita



5ml



10ml



15ml

# K·Vita introduction plan – Week Three



		Breakfast		Lunch		Dinner		Evening or bedtime snack		Total per day	
Day	Date	ml	✓	ml	✓	ml	✓	ml	✓	ml	✓
1		15		15		15		15		60	
2		20		15		15		15		65	
3		20		20		15		15		70	
4		20		20		20		15		75	
5		20		20		20		20		80	
6		25		20		20		20		85	
7		25		25		20		20		90	

Measuring cups containing 15ml, 20ml and 25ml of **K·Vita**



15ml



20ml



25ml





# K·Vita introduction plan – Week Four

		Breakfast		Lunch		Dinner		Evening or bedtime snack		Total per day	
Day	Date	ml	✓	ml	✓	ml	✓	ml	✓	ml	✓
1		25		25		20		20		90	
2		25		25		25		20		95	
3		25		25		25		25		100	
4		30		25		25		25		105	
5		30		30		25		25		110	
6		30		30		30		25		115	
7		30		30		30		30		120*	

Measuring cups containing 20ml, 25ml and 30ml of **K·Vita**



20ml



25ml



30ml



\* 1 pack per day

When your child has reached the end of the introduction plan, continue giving them 30ml of **K·Vita** four times each day (120ml, one pack in total) with food. They will be reviewed by your healthcare professional at this time.



## How to change from giving K·Vita four times daily to three

### Changing over from giving K·Vita four times daily to three using a measuring cup

Once your child has reached the end of the introduction plan and is tolerating 30mls of **K·Vita** four times daily (120ml, one pack), you may prefer to give it three times daily. Before making any changes, discuss this with their healthcare professional. If they agree, follow the plan below. However, if your child experiences any side effects to **K·Vita** from making this change, you may need to return to giving it four times each day again.

		Breakfast		Lunch		Dinner		Evening or bedtime snack		Total per day	
Day	Date	ml	✓	ml	✓	ml	✓	ml	✓	ml	✓
1		35		30		30		25		120	
2		35		35		30		20		120	
3		35		35		35		15		120	
4		40		35		35		10		120	
5		40		40		35		5		120	
6 and continue		40		40		40		0	✗	120	

Measuring cups containing 30ml, 35ml and 40ml of **K·Vita**.

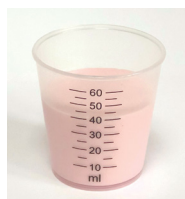
You may need to use a bigger cup when measuring out larger amounts.



30ml



35ml



40ml



1 pack of **K·Vita**

If your child is taking an amount of **K·Vita** that is less or more than 120ml (one pack) per day, ask their healthcare professional for an individual for a plan to reduce the number of times they take **K·Vita** from four to three times per day.

# K·Vita introduction plan – Week One

Follow this introduction plan if you are using household or measuring spoons.

All spoon measures of K·Vita are level.

Write in the dates and tick the boxes to keep a record of when and how much K·Vita you take.



**Household spoons:**  
Teaspoon (TS): 5ml  
Tablespoon (TBS): 15ml



**Measuring spoons:**  
Teaspoon (TS): 5ml  
Tablespoon (TBS): 15ml

		Breakfast		Lunch		Dinner		Evening or bedtime snack		Total per day	
Day	Date	spoons	✓	spoons	✓	spoons	✓	spoons	✓	ml	✓
1		1 TS		1 TS		1 TS		✗	✗	15	
2		1 TS		1 TS		1 TS		✗	✗	15	
3		1 TS		1 TS		1 TS		1 TS		20	
4		1 TS		1 TS		1 TS		1 TS		20	
5		2 TS		1 TS		1 TS		1 TS		25	
6		2 TS		1 TS		1 TS		1 TS		25	
7		2 TS		2 TS		1 TS		1 TS		30	

Each of these teaspoons contains 5ml K·Vita.



# K·Vita introduction plan – Week Two

All spoon measures of K·Vita are level.



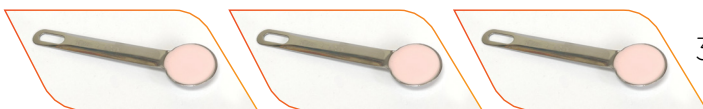
**Household spoons:**  
Teaspoon (TS): 5ml  
Tablespoon (TBS): 15ml



**Measuring spoons:**  
Teaspoon (TS): 5ml  
Tablespoon (TBS): 15ml

		Breakfast		Lunch		Dinner		Evening or bedtime snack		Total per day	
Day	Date	spoons	✓	spoons	✓	spoons	✓	spoons	✓	ml	✓
1		2 TS		2 TS		1 TS		1 TS		30	
2		2 TS		2 TS		2 TS		1 TS		35	
3		2 TS		2 TS		2 TS		2 TS		40	
4		<b>3 TS*</b>		2 TS		2 TS		2 TS		45	
5		3 TS		3 TS		2 TS		2 TS		50	
6		3 TS		3 TS		3 TS		2 TS		55	
7		3 TS		3 TS		3 TS		3 TS		60	

\* One tablespoon can be used instead of measuring out three teaspoons: 3 TS (3 x 5ml) = 1 TBS (15ml)



3 teaspoons =



1 table spoon

# K·Vita introduction plan – Week Three

All spoon measures of **K·Vita** are level.



**Household spoons:**  
Teaspoon (TS): 5ml  
Tablespoon (TBS): 15ml



**Measuring spoons:**  
Teaspoon (TS): 5ml  
Tablespoon (TBS): 15ml

		Breakfast		Lunch		Dinner		Evening or bedtime snack		Total per day	
Day	Date	spoons	✓	spoons	✓	spoons	✓	spoons	✓	ml	✓
1		3 TS*		3 TS		3 TS		3 TS		60	
2		4 TS*		3 TS		3 TS		3 TS		65	
3		4 TS		4 TS		3 TS		3 TS		70	
4		4 TS		4 TS		4 TS		3 TS		75	
5		4 TS		4 TS		4 TS		4 TS		80	
6		5 TS*		4 TS		4 TS		4 TS		85	
7		5 TS		5 TS		4 TS		4 TS		90	

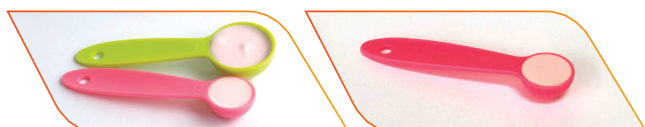
\* Tablespoons can be used to measure out multiples of 3 teaspoons, or used in combination with teaspoons.



Three teaspoons (3 TS) of **K·Vita** = one tablespoon (1 TBS)



Four teaspoons (4 TS) of **K·Vita** = one tablespoon (1 TBS) and one teaspoon (1 TS)



Five teaspoons of **K·Vita** (5 TS) = one tablespoon (1 TBS) and two teaspoons (2 TS)

# K·Vita introduction plan – Week Four



All spoon measures of **K·Vita** are level.

		Breakfast		Lunch		Dinner		Evening or bedtime snack		Total per day	
Day	Date	spoons	✓	spoons	✓	spoons	✓	spoons	✓	ml	✓
1		5 TS		5 TS		4 TS		4 TS		90	
2		5 TS		5 TS		5 TS		4 TS		95	
3		5 TS		5 TS		5 TS		5 TS		100	
4		<b>6 TS*</b>		5 TS		5 TS		5 TS		105	
5		6 TS		6 TS		5 TS		5 TS		110	
6		6 TS		6 TS		6 TS		5 TS		115	
7		6 TS		6 TS		6 TS		6 TS		120 (one pack)	

\* Tablespoons can be used to measure out multiples of 3 teaspoons, or used in combination with teaspoons:



Four teaspoons (4 TS) of **K·Vita** = one tablespoon (1 TBS) and one teaspoon (1 TS)



Five teaspoons of **K·Vita** (5 TS) = one tablespoon (1 TBS) and two teaspoons (2 TS)



Six teaspoons of **K·Vita** (6 TS) = two tablespoons (2 TBS)



1 pack per day

When your child has reached the end of the introduction plan, continue giving them six teaspoons or two tablespoons (30ml) of **K·Vita** four times each day (one pack, 120ml in total) with food. They will be reviewed by your healthcare professional at this time.

## How to change from giving K·Vita four times daily to three



Once your child has reached the end of the introduction plan and is tolerating 30mls of four times daily (120ml, one pack), you may prefer to give it three times daily. Before making any changes, discuss this with their healthcare professional. If they agree, follow the plan below. However, if your child experiences any side effects to **K·Vita** from making this change, you may need to return to giving it to them four times each day again.

All spoon measures of **K·Vita** are level.

		Breakfast		Lunch		Dinner		Evening or bedtime snack		Total per day	
Day	Date	spoons	✓	spoons	✓	spoons	✓	spoons	✓	ml	✓
1		<b>7 TS*</b>		6 TS		6 TS		5 TS		120	
2		7 TS		6 TS		6 TS		4 TS		120	
3		7 TS		7 TS		7 TS		3 TS		120	
4		<b>8 TS*</b>		7 TS		7 TS		2 TS		120	
5		8 TS		8 TS		7 TS		1 TS		120	
6 and onwards		8 TS		8 TS		8 TS		<b>x</b>	<b>x</b>	120	

\* Tablespoons (TBS) can be used to measure out multiples of 3 teaspoons (TS), or used in combination with teaspoons:

Seven teaspoons (7 TS) of **K·Vita** = two tablespoons (2 TBS) and one teaspoon (1 TS)

Eight teaspoons of **K·Vita** (8 TS) = two tablespoons (2 TBS) and two teaspoons (2 TS)



1 pack per day

If your child is taking less, or more, than 120ml per day, ask their healthcare professional for a plan to reduce the number of times they take **K·Vita** from four to three each day.



Food for Special Medical Purposes.  
With sweetener.  
Strawberry flavour.

**K-Vita** is a thickened liquid containing a specific blend of medium chain triglycerides (MCT).  
For the dietary management of drug resistant epilepsy in adults and in children from 3 years of age.

### **Recommended Intake and Administration**

To be determined by the clinician or dietitian as it is dependent on the age,  
body weight and medical condition of the patient.  
Shake well before use.

### **Important Information**

Use under medical supervision.  
Suitable from 3 years of age.  
Not suitable for use as a sole source of nutrition.  
Not suitable for use during pregnancy and lactation.  
Not suitable for individuals unable to metabolise MCT, for example,  
those with medium chain acyl-CoA dehydrogenase deficiency (MCADD).  
For enteral use only.

### **Use as directed by the clinician or dietitian**

Introduce **K-Vita** slowly and in measured amounts.  
Always take with food.  
Take regularly throughout the day, preferably at mealtimes.  
Consume as part of your usual diet but avoid foods and beverages high in sugar.  
Suitable for tube feeding.

For further product information please call our **Nutrition Service Helpline +44 (0)151 702 4937**  
or visit our website [www.vitafloweb.com](http://www.vitafloweb.com)



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