



K·Vita<sup>®</sup>

**Guide to giving  
K·Vita to adults  
and children  
who are tube-fed**



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

If you have any questions or need support with giving K·Vita, please contact:

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

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

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Enhancing Lives Together



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## IMPORTANT

Carefully follow the advice in this booklet about using **K·Vita** and any additional instructions and guidance provided to you by the healthcare professional or members of the healthcare team advising on the use of **K·Vita**. This is to help build up tolerance to **K·Vita** and minimise any side effects.

# 1

## What is K·Vita?

### K·Vita is:

- Food for Special Medical Purposes
- Only available on prescription from a healthcare professional
- For the dietary management of drug-resistant epilepsy in adults and in children from 3 years of age
- A strawberry flavour, thickened liquid containing a specific blend of fats called medium chain triglycerides (MCT) with sweetener

# 2

## Why has K·Vita been prescribed?

Medium chain triglyceride (MCT), a type of fat, has been safely used for the dietary management of drug-resistant epilepsy for many years. MCT is made up of medium chain fatty acids rather than the long chain fatty acids naturally present in food and in most feeds.

Research has shown that if MCT contains certain proportions of two specific medium chain fatty acids, octanoic acid (C8) and decanoic acid (C10), then it may be helpful for some people with epilepsy. **K·Vita** contains this MCT. Therefore, it has been recommended to find out if it will be beneficial for the dietary management of this condition.

# 3

## Starting K·Vita

Giving **K·Vita** in large amounts at first may cause side effects (**Section 10**). This is because MCT is digested differently from the fat present in foods and most feeds.. However, starting with a small quantity and increasing the amounts gradually by following an introduction plan (**Section 4**) allows time to get used to having **K·Vita**. It is also important to give **K·Vita** in measured amounts, with some feed and at regular intervals during the day (**Section 6, Section 7, Section 8**).

## The K·Vita Introduction Plan

A plan for introducing **K·Vita** will be calculated on an individual basis by the healthcare professional\*, and a copy provided. It will show how much **K·Vita** to give, and when. As the plan is followed, the amount of **K·Vita** increases slowly, day by day, week by week, up to the individual daily amount (**Section 5**).

The introduction of **K·Vita** is best done over at least four weeks. However, it can take a while to get used to **K·Vita** so a longer introduction, for example, over up to eight weeks, may be needed.

The **K·Vita** introduction plan is flexible and can be adjusted. For example, if side effects are experienced (**Section 10**), it can be amended so that smaller increases are made over a longer period of time.

### Practical Points:

- Carefully follow the introduction plan provided as this will help minimise any side effects (**Section 10**)
- Always measure **K·Vita** before giving it down the feeding tube (**Section 6**)
- Give **K·Vita** regularly during the day and to fit in with usual feeding times (**Section 7**)
- Always give **K·Vita** along with some feed (**Section 8**)
- Tick the boxes on the plan after giving **K·Vita** to record the progress of the introduction, and note down any side effects that occur (**Section 10**)

**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 introduction plan is definitely worthwhile. Adults and children can be very sensitive to K·Vita, especially at first, and most need time to get used to having it. If you have any questions or concerns about introducing K·Vita and following the introduction plan provided, please contact the healthcare professional.**

\* 'Healthcare professional' refers to the person or team advising on the use of **K·Vita**.

## How much K·Vita to give each day

### 5.1 During the introduction of K·Vita

The plan will start with 5ml or 10ml of **K·Vita** to be given three or four times each day and gradually increase, for example, by 5ml or 10ml daily. Carefully follow the plan and keep to the advised amounts as this will help to minimise side effects (**Section 10**).

### 5.2 Individual daily amount of K·Vita

The healthcare professional will decide on a daily amount of **K·Vita** to be reached at the end of the introduction plan (**Section 4**). This amount is individual and will be based on age and nutritional requirements. For example, adults may be advised to introduce up to two packs (240ml) daily, and children, up to one pack (120ml) daily.

The maximum daily amount of **K·Vita** for adults and children is two packs (240ml) daily.

### 5.3 Finding the right amount of K·Vita

The daily amount of **K·Vita** required for the dietary management of epilepsy is also very individual. During the introduction of **K·Vita**, improvements might be seen before reaching the end of the plan. Or, it might be noticed that a certain amount of **K·Vita** is beneficial, but that side effects occur if any further increase is made.

If either of these situations happen, let the healthcare professional know. A lower amount of **K·Vita** than originally advised may be beneficial, or better tolerated and still helpful.

### 5.3 At the end of the introduction of K·Vita

The healthcare professional will review how things are going with **K·Vita**, how much is being given each day and if it is beneficial for the dietary management of epilepsy. A decision will be made about continuing with or stopping **K·Vita** (**Section 12**).

If **K·Vita** is to be continued, carry on giving the daily amount that is helpful, in measured amounts, at regular times throughout the day and always with feed.

Sometimes at the end of the introduction of **K·Vita** the daily amount is tolerated but there is no benefit seen. The healthcare professional will advise on what to consider doing next as it may be worthwhile:

- ▶ Continuing to give the same amount of **K·Vita** for longer, over an agreed period of time, for example, another two weeks or a month, to see if any improvement happens later on

#### **And/or**

- ▶ Increasing the amount of **K·Vita** given, as long as this does not exceed the maximum recommended daily amount for adults and children of 2 packs (240ml) daily. A plan for introducing extra **K·Vita** will be provided

## 5.5 Changing from giving K·Vita four times daily to three

At the end of the introduction, if **K·Vita** has been given in measured amounts four times daily this can be continued, or, if preferred, reduced to three times each day. Discuss this with the healthcare professional first so they can provide a plan for making this changeover. However, if side effects occur (**Section 10**), it may be best to return to giving **K·Vita** four times daily again.

## 5.6 K·Vita follow-up

This will be arranged by the healthcare professional.

**Questions about how much K·Vita to give? Please contact the healthcare professional.**



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## Measuring K·Vita

1. Shake the pack of **K·Vita**
2. Measure out the required amount using the equipment recommended by the healthcare professional

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## When to give K·Vita

It is best to give **K·Vita** three or four times at regular intervals during the day along with some feed to help minimise any side effects (**Section 10**). **K·Vita** can be fitted into the usual daily feeding plan, depending on the type of feeding used.

### Bolus feeding

With the healthcare professional, decide which bolus feeds to give **K·Vita** at.

After measuring **K·Vita** (**Section 6**), give it down the feeding tube either part-way through or straight after a bolus feed (**Section 8**)

### Continuous feeding







With the healthcare professional, decide on suitable times during the day when the feeding pump can be paused whilst giving **K·Vita** (**Section 8**). Feeding can be resumed again afterwards

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## How to give K·Vita down a feeding tube

1. Flush the feeding tube with water (or as advised by the healthcare professional)
2. Connect the syringe containing the measured amount of **K·Vita** to the feeding tube via the drug port
3. Give the **K·Vita slowly** down the feeding tube as a bolus via gravity, or by pushing the syringe plunger down using steady, gentle pressure
4. Flush the feeding tube afterwards with a minimum of 50mls of water (or as advised by the health care professional)

### Practical points

-  **K·Vita** will pass more easily down a feeding tube when it is at room temperature than straight after being stored in a fridge
-  **To help minimise side effects (Section 10):**
  -  **Avoid giving K·Vita when the stomach is empty,**
  -  **Give K·Vita part-way through or straight after a feed**
  -  **Deliver K·Vita down the feeding tube slowly**
-  Your healthcare professional may advise you to mix **K·Vita** with a small amount of water or feed before giving it down the feeding tube. **Ensure that the full amount of K·Vita is given.**

## Feeds and K·Vita

- The feed that was prescribed and given before starting **K·Vita** can usually be continued. No special feed is required
- However, **K·Vita** will be providing part of daily energy (calorie) intake. If the usual amount of feed is given as well as **K·Vita** it may lead to excess weight gain. Therefore, less feed may be needed or a feed with a lower energy content may be prescribed instead
- **K·Vita** does not contain any protein or vitamins and minerals. If the amount of feed is reduced, special ingredients, for example, protein powder, may need to be added so that nutritional requirements are met
- **If any changes to the usual feed are required, or a different feed is needed instructions will be provided by the healthcare professional**
- If the amount of feed is reduced, give extra water (as advised by the healthcare professional)

### *Food and K·Vita (if applicable)*

- If food is eaten by mouth in combination with tube feeds, this can be continued whilst taking **K·Vita**
- However, depending on how much and what types of food are usually eaten, the healthcare professional may advise that those high in sugar are avoided. This is to help ensure good nutrition and control excess energy intake
- For those who are tube fed and also take food by mouth, it may be best to give **K·Vita** via their feeding tube rather than by mouth, to make sure it is all taken





### 10.1 What to look out for

The most likely time for side effects to occur are during the introduction of **K·Vita**. These may include symptoms such as:

- Vomiting
- Nausea (feeling sick)
- Tummy pain/discomfort
- Bloating
- Feeling full
- Excessive burping
- Excessive flatulence (wind)
- Diarrhoea
- Constipation

If **K·Vita** is taken orally:

- Burning sensation or irritation in the mouth and/or throat
- Coughing

Not everyone will get side effects to **K·Vita**. Following the introduction plan carefully and always giving **K·Vita** with feed helps with getting used to MCT and to minimise any symptoms that may occur.

### 10.2 What to do if side effects occur

**Any side effects are usually mild and disappear over time. If they do occur, one or more of the following may help improve tolerance to K·Vita:**

- If in week one of the **K·Vita** introduction plan take a one or two-day break, then restart from the beginning
- Reduce the amount of **K·Vita** given. Go back a day or two in the introduction plan (or to when side effects were first noticed). Stay on that amount until things improve. Then, start increasing again, according to the plan
- Make increases of **K·Vita** more slowly, for example, every two or three days instead of every day
- If side effects continue after trying these suggestions, or if there are other symptoms that seem to be related to **K·Vita**, contact the healthcare professional for advice



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## Illness whilst taking K·Vita

During periods of illness, for example, those causing vomiting and diarrhoea, it may be best for **K·Vita** to be stopped, especially if tube feeding is discontinued. In this situation, seek advice from the healthcare professional. They will also advise on how and when to restart **K·Vita**.

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## Stopping K·Vita

If it is decided to stop **K·Vita**, for example, if it is not helpful or there are a lot of side effects, the healthcare professional will advise on the best way to do this. It will depend on the reason for stopping, how much is being given, and how long it has been given for. The advice will be to either stop **K·Vita** straight away or to follow a plan to reduce it down gradually, for example, over a few days or a week .

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## How to store K·Vita

**Unopened:** Store in a cool, dry place.

**Once opened:** Recap unused portion, refrigerate and use within 48 hours or within 6 hours at room temperature.

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## How to get K·Vita

**K·Vita** is available on prescription.

A supply will be arranged through the GP or the 'VitaFlo to You' prescription home delivery service.



**K·Vita** is a 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 **Nutritional Helpdesk +44 (0)151 702 4937**  
or visit our website **[www.vitafloweb.com](http://www.vitafloweb.com)**



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