



K·Vita®

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: _____

Clinic/Hospital: _____

Telephone: _____

Email: _____



Enhancing Lives Together

IMPORTANT

Please read this information very carefully as it contains very important information.

This practical guide is intended to provide general information about giving **K·Vita** to patients, their parents, and/or their caregiver(s).

K·Vita is for use by adults and children from three years of age with drug resistant epilepsy. It is a food for special medical purposes and must only be used under medical supervision.

This practical guide **does not** constitute and nor is it a substitute for medical advice provided by an appropriately qualified healthcare professional.

Therefore, any information about **K·Vita** within this practical guide **must not** be relied upon as an alternative to medical advice from a supervising healthcare professional.

The decision whether or not to recommend the use of **K·Vita** and if so, the quantities and frequency of use, is entirely a decision for the healthcare professional taking into account all the individual circumstances of the patient.

Therefore, in the absence of any negligence or other breach of duty by Vitaflo® (International) Ltd, Vitaflo (International) Ltd, **does not**, to the fullest extent permitted by law, accept any liability for the incorrect use of **K·Vita**.



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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 thickened liquid containing a specific blend of fats called medium chain triglycerides (MCT)
- Ready to use, straight from the pack
- Given in measured amounts, always with some feed, at regular intervals every day

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Why has K·Vita been prescribed?

MCT, a special type of fat, has been safely used for the dietary management of drug resistant epilepsy for many years. MCT is made up of the medium chain fatty acids, octanoic acid (C8) and decanoic acid (C10). This means that MCT is different from the fat naturally present in food and feeds, which consists of long chain fatty acids.

Research has shown that MCT containing a certain proportion of C8 and C10 can be helpful for some people with epilepsy¹. **K·Vita** contains this specific MCT. Therefore, it has been recommended to find out if will be beneficial for the dietary management of this condition.

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Starting K·Vita

Giving **K·Vita** in large amounts at first may cause side effects (**Section 9**). This is because MCT is digested differently from the fat in foods and most feeds. However, starting with a small quantity and increasing the amounts gradually by following an introduction plan provided by the healthcare professional* and always giving **K·Vita** with a feed helps with getting used to having it every day (**Section 4**).

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

4.1 Individual daily amount of K·Vita

The healthcare professional will work out a daily amount of **K·Vita** to reach at the end of the introduction plan. This amount will be based on age and dietary requirements. For example, an adult may be advised to introduce two packs (240ml) daily, and a child, one pack (120ml) daily.

4.2 The introduction plan

1. You will be given a plan to follow to introduce **K·Vita**. The plan will show how much **K·Vita** to give, and when, so that the individual daily amount is reached at the end of the plan
2. The introduction of **K·Vita** is best done slowly and over at least four weeks. However, it can take longer, for example, up to six or eight weeks
3. The plan will start with small quantities of **K·Vita** (for example, 5ml or 10ml) taken three or four times each day
4. As you follow the plan, the quantity of **K·Vita** you give gradually increases, day by day, week by week
5. Once the end of the introduction plan is reached you can continue to give this daily amount of **K·Vita**
6. Carefully follow the plan provided by the healthcare professional. Keep to the measured quantities they have advised as this will help to minimise side effects (**Section 9**)
7. The plan is flexible and can be adjusted. For example, if any side effects occur after starting to introduce **K·Vita**, it may be helpful to make smaller increases over a longer duration. If necessary, the healthcare professional will provide a new plan to follow. Let them know if you think the plan needs amending and/or ask for help with managing any symptoms if you think they are caused by **K·Vita** (**Section 9**)

4.3 Practical Points

- Always measure **K·Vita** before giving it (**Section 6**)
- Always give **K·Vita** with some feed (**Section 7**)
- Tick the box on the introduction plan each time you give **K·Vita** to keep track of progress
- Keep a note of any side effects to **K·Vita**, and when they occur, and let the healthcare professional know if you need support with managing these (**Section 9**)

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 provided by the healthcare professional is definitely worthwhile.

Adults and children can be very sensitive to **K·Vita**, especially at first, and most people need time to get used to having it.

Please contact your healthcare professional if you have any questions or concerns about introducing **K·Vita** and following the introduction plan.

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Finding the right amount of **K·Vita**

The daily amount of **K·Vita** required for the dietary management of epilepsy is very individual. The person having **K·Vita** may not need as much every day as the healthcare professional originally advised, or they may require more.

Let the healthcare professional know if you think any benefits or improvements are being experienced before the end of the introduction plan has been reached. A lower daily amount of **K·Vita** may be just right.

If the individual daily amount of **K·Vita** has been successfully introduced but no benefit is found, the healthcare professional may advise:

- Continuing to give this daily amount for longer, for example, six months, to try and find out if any benefits or improvements happen with time

And/or

- Increasing the amount of **K·Vita** given, up to the maximum recommended daily amount of two packs (240ml) daily. They will provide you with a plan for gradually introducing more **K·Vita**



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Measuring and giving K-Vita

1. **K-Vita** passes more easily down a feeding tube when it is at room temperature. If it has been stored in the fridge, remove it 30 minutes before measuring it and giving it with feed
2. Shake the pack of **K-Vita**
3. Measure out the required amount of **K-Vita** using the method and any equipment (for example, a syringe connector or adapter) advised by your healthcare professional
4. The pack may need to be gently squeezed to get the **K-Vita** out, especially when it is nearly empty
5. If **K-Vita** is too thick to be given down the feeding tube, try the following:
 - Boil water in a kettle and leave it to cool for 30 minutes
 - Fill a cup or jug half full with the water and place the pack of **K-Vita** in this for 10 minutes
 - Measure out the required amount and give it down the feeding tube
6. Once opened, recap the unused portion, refrigerate the pack and use the remaining within 48 hours or within 6 hours if kept at room temperature (**Section 13**).

Note: Always follow carefully the instructions given by your healthcare professional regarding when and how to give **K·Vita** down a feeding tube. If you have any queries or concerns, contact them for advice and support.

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When to give K·Vita

To help minimise any side effects (**Section 9**) it is best to give **K·Vita** three or four times each day, at regular intervals, always with feed. **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. **K·Vita** can also be given whilst the feed is running





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How to give K·Vita down a feeding tube

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

Practical points

To help minimise side effects (**Section 10**):

-  Avoid giving **K·Vita** when the stomach is empty
 -  Always give **K·Vita** with feed
 -  Deliver **K·Vita** down the feeding tube slowly
-  If you are advised to mix **K·Vita** into a small amount of water or feed before giving it down the feeding tube, **ensure the full amount of K.Vita is always given**

- ▶ The feed that was prescribed and given before starting **K·Vita** can usually be continued. No special feed is required
- ▶ However, **K·Vita** will provide some energy (calorie) intake each day. 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 you may be advised to add supplements providing these into the feed to help ensure that nutritional requirements are fully 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, extra water may be advised to maintain fluid intake and ensure adequate hydration

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. **Note:** **K·Vita** does not contain sugar. The sweet taste is from the sweetener (sucralose)
- ▶ For those who are tube fed and also take food by mouth, it may be best to give **K·Vita** down their feeding tube to ensure it is all taken
- ▶ If you have any questions about what foods to offer whilst giving **K·Vita**, please contact the healthcare professional for advice.



10.1 What to look out for

Side effects to the MCT in **K·Vita** 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

The most likely time for side effects to occur is during the introduction of **K·Vita**. However, not everyone will experience them. 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 you are early on in the introduction plan, for example, the first few days or week, take a one or two-day break, then restart from the beginning
- Go back a day or two in the introduction plan or to when the symptom(s) first occurred. Keep giving that amount until things improve. Then, start increasing again, according to the plan
- Try making 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 other symptoms occur that seem to be related to **K·Vita**, contact the healthcare professional for advice



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Illness or surgery 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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Discontinuing K·Vita

If it is decided to stop **K·Vita**, for example, if it is not helpful for the dietary management of epilepsy or there are a lot of side effects that don't resolve, 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 discontinue **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 access 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.

References

1. Schoeler NE et al. K. Vita: a feasibility study of a blend of medium chain triglycerides to manage drug-resistant epilepsy. Brain communications. 2021; 3(4): fcab160 <https://doi.org/10.1093/braincomms/fcab160>

K·Vita is a Food for Special Medical Purposes with sweetener.

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 who cannot metabolise the medium chain fatty acids
(C8 and/or C10 fatty acids), for example those with medium chain acyl-CoA dehydrogenase deficiency
(MCADD), multiple acyl-CoA dehydrogenase deficiency (MADD) or carnitine cycle defects.

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 websites **www.vitafloweb.com** and

<https://www.nestlehealthscience.co.uk/vitaflo/my-k-vita>



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