

General Information

Infant feeding: less than 1 year

1) Does my baby need a special feed?

No – you can breast feed or give normal infant formula.

2) Why is regular feeding necessary?

This is to ensure your baby has a continuous source of glucose as babies with MCADD have a problem in making energy (glucose) from their body fat stores when fasting (going without a feed) for too long.

3) How long can my baby fast (go without a feed) for?

• Your baby can fast for up to ___ hours. This includes overnight.

As your baby gets older they will be able to fast for longer.

Newborn and young infants normally feed on demand every 3 to 4 hours which is likely to fall within the recommended fasting time. When your baby begins to sleep longer at night, give a feed just before they go to bed and then every ___ during the night (you may need to wake your baby for these feeds).

4) What should I do if my baby will not wake for a feed during the night?

If your baby will not wake or take a feed during the night and is fasting for longer than the recommended time contact your hospital doctor for further advice.

5) What are Medium Chain Triglycerides (MCTs)?

These are a type of fat but not the main fat found in food. MCTs need to be avoided because your baby cannot readily use these to make energy.

6) Do any feeds contain MCTs?

Some specialised infant formulas contain added MCTs. If your baby is prescribed a specialized formula check with your metabolic hospital Doctor or Dietitian that it does not contain MCTs.

7) What should I do if my baby becomes unwell and / or feeds poorly?

Follow the Emergency Regimen (ER) plan (see ER information sheets).

The ER is a special feeding plan where very frequent feeds (day and night) are given to provide your baby with energy

Emergency Regimen (ER): Infants less than 1 year

What is the Emergency Regimen?

This is a special feeding plan used if your baby is unwell and/or is not feeding well:

- Very frequent feeds (day and night) are given to provide your baby with energy

When should I give the ER?

Any time your baby is not feeding well, this is usually during illness

Step 1: if you are unsure if your baby is unwell, give a glucose containing feed and continue to assess

Step 2: if your baby is definitely unwell, start the full ER of frequent glucose feeds

Step 3: if your baby is not getting better, not tolerating or refusing to take the glucose feeds contact your hospital doctor or go to your local hospital.

If you go to hospital take your A & E letter, ER information sheets, glucose powder and scoops.

Should I contact the hospital doctor if my baby is on the ER?

Yes if:

- you are concerned and want advice
- your baby is frequently vomiting feeds
- your baby has diarrhoea, unless very mild
- your baby refuses ER feeds
- your baby is drowsy, floppy, not responding normally ('glazed look')
- your baby is not improving on ER feeds.

How do I make the ER feeds?

Specialised glucose powder is dissolved in cooled, boiled water or added to your regular infant formula to make the feed (see ER recipes for infants).

How do I give the ER?

Give feeds every 2 to 3 hours day and night. First try to give your baby's usual formula with the glucose added. If this is not tolerated give the ER feeds of glucose powder. If your baby is vomiting give small frequent sips of feed.

My baby is breast fed – how do I give the ER?

Try to breast feed every 2 to 3 hours day and night. If your baby is not breast feeding well try giving ER feeds of glucose powder from a bottle. If your baby refuses a bottle contact your hospital doctor or go to your local hospital.

When can I stop giving the ER feeds?

As your baby starts to recover you can return to their normal feeds and routine. Try to do this within 48 hours of starting the ER feeds.

Where do I get the glucose powder from?

Glucose powders e.g. Maxijul, SOS 10 are available on prescription from your GP.

What are oral rehydration solutions?

Doctors may prescribe oral rehydration solutions e.g. Dioralyte, to treat diarrhoea and vomiting. These solutions contain very little glucose, so glucose powder must be added to provide more energy (see ER recipes below: for infants under 1 year).

Emergency Regimen recipes: infants less than 1 year 10% Carbohydrate Recipes

Infant Formula

90mls of standard infant formula
Add 2.5g or ½ level pink scoop of Maxijul or SOS powder

Or

Water recipe – Small volume

20g or 4 level pink scoops of Maxijul or SOS powder
Cooled boiled water to 200ml

Or

Water recipe – Large volume

100g or 3 big blue and 3 pink level scoops Maxijul or SOS powder
Cooled boiled water to 1000ml

Or

SOS recipe

1 sachet of SOS 10
Water to 200mls

Or

Oral rehydration solution recipe

1 sachet of Dioralyte
20g or 4 level pink scoops of Maxijul or SOS powder
add 200ml cooled boiled water

Suggested feed volumes:

Age 0 – 3 months: aim for 780 – 960mls over 24 hours

Feed: 65 – 80ml every 2 hours or 100 – 120ml every 3 hours day and night

Age 4 – 6 months: aim for 1020 – 1200mls over 24 hours

Feed: 85 – 100 ml every 2 hours or 130 – 150ml every 3 hours day and night

Age 7 – 9 months: aim for 1080 – 1200mls over 24 hours

Feed: 90 – 100ml every 2 hours or 130 – 150ml every 3 hours day and night

Age 10 – 12 months: aim for 1200mls over 24 hours

Feed: 100ml every 2 hours or 150ml every 3 hours day and night