



Description

Resource® Optifibre® is a powdered soluble dietary fibre that mixes easily in hot and cold liquids and foods without affecting texture or taste. It is a nutritionally incomplete Food for Special Medical Purposes for use under medical supervision.

Presentation

A white powder available in: 250g canisters with a re-sealable lid; 6 canisters per case 16 x 10g sachets per box; 10 boxes per case.

Indications

ACBS approved, prescribable on FP10 (GP10 in Scotland) for the following indications: Short-bowel syndrome, intractable malabsorption, pre-operative preparation of patients who are undernourished, patients with proven inflammatory bowel disease, following total gastrectomy, bowel fistulae, disease related malnutrition.

Ingredients

Partially hydrolysed guar gum*

*This is a low viscous galactomannan, which has been produced by controlled partial enzymatic hydrolysis.

Administration and dosage

As with all fibre, gradual inclusion of Resource® Optifibre® into the diet is recommended as detailed below.

The dosage will depend on the individual requirements, 12 –16g of product is recommended per day. For children from 2 to 10 years of age the recommended dosage is calculated by adding 5 to 10g to the child's age, e.g. 5 years + (5 to 10g) = 10 to 15g fibre per day.

1 serving = 1 scoop (contained in 250g canister) or 1/2 sachet
1 scoop provides 4g soluble fibre.

Day 1 to Day 3

Add 1 serving to tea, coffee, cold fluids or foods.

Day 4 to Day 6

Increase to 2 servings staggered throughout the day. Patients who are being switched from another fibre supplement should reduce this to 50% of their current dosage. If a mixture of laxatives is being used, reduce both by half; do not stop one completely.

Day 7 to Day 9

Increase to 3 servings staggered throughout the day. Patients who are being switched from another fibre supplement or laxatives should discontinue these products.

Day 10 to Day 12

Increase to 4 servings per day staggered throughout the day.

Day 13 to Day 20

If more fibre is required, increase the intake of Resource® Optifibre® at a rate of 1 serving every 3 days without exceeding 32g fibre per day. Stagger the servings throughout the day.

Shelf life and storage

Store in cool, dry conditions. The shelf life is 24 months from date of manufacture, if unopened. Once opened, use within 6 months, replacing the lid of the 250g canister firmly after use. Each sachet should be used within 10 days of opening.

Contraindications

Not for intravenous use. Unsuitable for children under 5 years. Do not exceed 32g of fibre per day.

Precautions

Must be used under medical supervision. The addition of fibre can cause distension, bloating or flatulence. If this occurs during the initial phase of intervention, decrease the dosage and slow down the addition of the product.

Nutrition information

Nutrient	Per 5g (scoop)	Per sachet (10g)	Per 100g
General			
Energy (kcal/kJ)	3.8/1.6	7.6/32	76/323
Protein (g)	0	0	0
Fat (g)	0	0	0
Carbohydrate (g)	0.95	1.9	19
Lactose (g)	0	0	0
Fibre (g)	4	7.8	78
Gluten free	✓		
Lactose free	✓		
Minerals & trace elements			
Sodium (g/mmol)	0.02/0.9	0.04/1.74	0.4/17.4