

# **Cystic Fibrosis**

## **How to give your child Cotazym**

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### **Why does my child need enzymes?**

Children with cystic fibrosis need enzymes each time they eat.

Enzymes help your child digest food so that he or she can grow.



## Cotazym

Follow these steps to give your child Cotazym:

### Cleaning

1. Wash your hands with soap and water.
2. Check expiry date on bottle.
3. Collect the supplies you will need:
  - 60 ml syringe
  - medical gloves
  - breast milk or prepared formula
  - small feeding bottle(s)
  - Cotazym capsule(s)

**Your dose is \_\_\_\_\_ capsule(s)**

4. Wash syringe, nipples and feeding bottle(s) in hot soapy water.
5. Rinse well.
6. Put syringe, nipples and feeding bottle(s) into a pot of water.
7. Cover pot and boil for 5 minutes.
8. Remove from pot and let supplies cool and dry completely.

### Preparing

9. Put on gloves.
10. Open the enzyme capsule(s) and pour the powder into the bottle.

### Giving the enzyme

11. When ready to feed, draw up 15 ml (1/2 ounce) breast milk or formula into the syringe. Empty the syringe into the bottle containing the enzymes. Swirl well to mix.
  12. Feed all of this mixture to baby at the start of the feed. Wipe off drips or spills on baby's skin right away.
  13. Feed baby with bottle or breast right away after the enzyme mixture is given.
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## Tips

- Sometimes a rash can occur when enzymes touch the skin. Ointments like Vaseline or zinc creams can help to prevent this from happening. Put ointment around your baby's mouth and bottom.
- If you are breastfeeding, you may want to apply lanolin to the nipple area before feeding to prevent enzymes from irritating your skin.
- Some people like to prepare several doses of enzymes at one time. These can sit **unmixed** in sealed containers or bottles. These should be kept in a dark cool area for no longer than one day.
- Cotazym can also be used to pre-digest overnight tube feeds. Ask your dietitian for dosing and mixing instructions for tube feeds.

**If you have any questions, ask your dietitian.**