

# Cystic Fibrosis

## How to give your child Viokace

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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.



## **Viokace**

Follow these steps to give your child Viokace:

### **Cleaning**

1. Wash your hands with soap and water.
2. Check expiry date on bottle.
3. Collect the supplies you will need:
  - small feeding bottle(s)
  - 60 ml syringe
  - pill crusher or mortar and pestle
  - breast milk or prepared formula
  - surgical mask (optional)
  - medical gloves
  - Viokace tablet(s)

### **Your dose is \_\_\_\_\_ tablets(s)**

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

### **Preparing**

9. Put on gloves and surgical mask.
10. Place Viokace tablet(s) into mortar bowl or pill crusher.
11. Crush or grind tablet(s) until it is powder. Be careful not to breathe in the powder or get in on your skin.
12. Pour the powder into the bottle.

### **Giving the enzyme**

13. 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.
14. Feed all of the enzyme mixture to baby at the start of the feed. Wipe off drips or spills on baby's skin right away.
15. Feed baby with bottle or breast right away after the enzyme mixture is given.

### **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.
- Viokace can also be used to pre-digest overnight tube feeds. Ask your dietitian for directions and dosing for tube feedings.

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