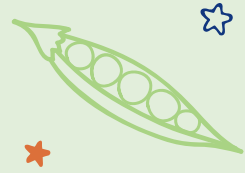


Compleat[®] paediatric



Parent & Caregiver Guide



Information for healthcare professionals to give to parents/carers

Why has my child been given **COMPLEAT® Paediatric?**

COMPLEAT® Paediatric has been recommended by your dietitian or doctor because your child:

- Requires tube feeding to meet their nutritional needs.
- Is 1 year of age or older.
- Has experienced symptoms including reflux, constipation, diarrhoea, bloating and flatulence.
- Is dependent on tube feeding and you are looking for a way to include “food-derived or familiar food ingredients” in their diet.
- Is already following a blended diet and you are considering a convenient top-up or add-in.



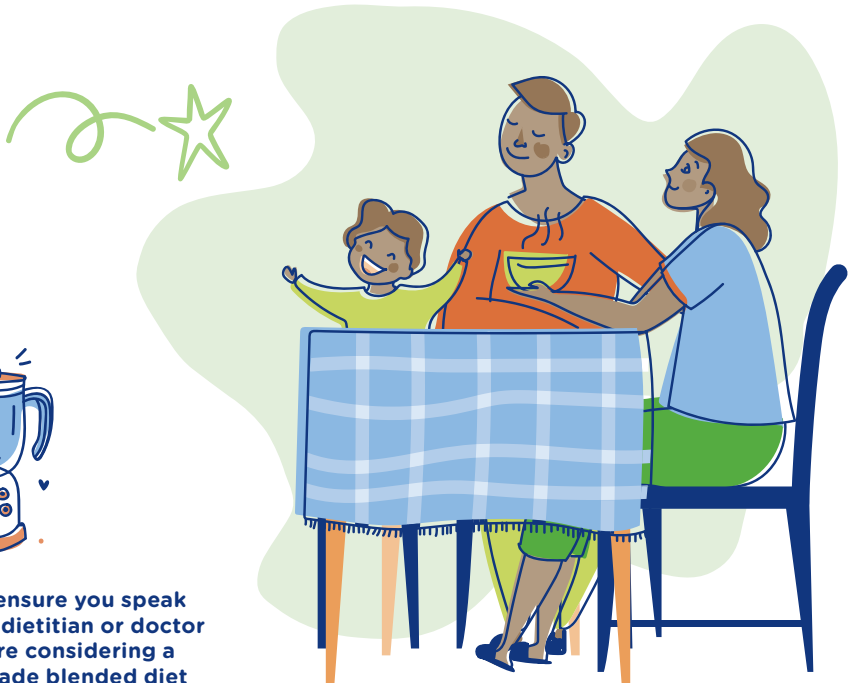
My child is already on another feed – why should we change to COMPLEAT® Paediatric?

Some children may experience side effects to different tube feeds such as reflux, constipation, diarrhoea, bloating and flatulence which can make them feel unwell and may even impact on their appetite. Your healthcare professional may have recommended COMPLEAT® Paediatric to help manage your child's symptoms.

COMPLEAT® Paediatric provides energy, protein, vitamins and minerals to help meet your child's nutritional needs. It can be used as the main form of nutrition, for top-up feeding or alongside a homemade blended diet.



Please ensure you speak to your dietitian or doctor if you are considering a homemade blended diet for your child.



How much food does COMPLEAT® Paediatric contain?

COMPLEAT® Paediatric contains protein from rehydrated chicken, rehydrated peas and green beans.

1000mL (2 x 500mL bottles) of COMPLEAT® Paediatric contains:



The same amount of protein as chicken breast (69g), peas (38g) and green beans (54g).*

COMPLEAT® Paediatric contains fibre from rehydrated fruit and vegetables.

1000mL (2 x 500mL bottles) of COMPLEAT® Paediatric contains:



The same amount of fibre as peas (38g), peach (14g) and orange juice (12g).*

Source: Xyris FoodWorks 10. Information correct at 28th April 2025.

*Values have been calculated based on averages for orange juice, and cooked chicken, peas, green beans and peach. There may be some variation between food products.

What are the benefits of COMPLEAT® Paediatric?

Your dietitian has recommended COMPLEAT® Paediatric because:



Studies show the use of “food-derived ingredients” may help with tolerance and improve reflux in tube-fed children.



Peas, peach, orange juice and acacia gum contain fibre which can help soften stool making it easier to pass.



Chicken provides a source of complete protein which can contribute to adequate growth and development.



COMPLEAT® Paediatric has been designed to help meet the nutritional needs of your child.



The feed is made to a consistency which flows easily through your child’s feeding tube. It can be delivered using a feeding pump or via gravity.



The feed is Halal certified.



How do I prepare COMPLETE[®] Paediatric?



Check the best before date printed on the SmartFlex bottle.



COMPLETE[®] Paediatric should be stored unopened in a cool dry place. Shake well before use.



Wash your hands well.



Set up the equipment using a clean work area. Avoid touching the inside of the SmartFlex bottle, giving set or feeding tube with your hands.



If attaching the SmartFlex bottle directly to the feeding pump:

Unscrew the purple over-cap. Depending on which ‘giving set’ you normally use, either attach the spike-type giving set to the universal cap to pierce the aluminium foil; or pull away the tag, peel back the aluminium foil and attach the giving set to the universal cap.

There is no need to use cutlery or utensils to pierce the aluminium foil.

Once the SmartFlex bottle is spiked, the feed should be used within 24 hours. Between feeds, the unused portion can be recapped and refrigerated. Discard any unused feed within 24 hours of opening.

If pouring the feed into a container:

Remove the outer purple cap. Pull away the tag and peel back the aluminium foil. Once the feed is poured out of the SmartFlex bottle, keep tightly covered and use within 4 hours.



Pull out the suspension ring on bottom of the bottle which can be used to attach the feed to a feeding stand.

Contact your dietitian or doctor if you require additional support.

Handy hints



If your child is currently having another feed, you can introduce COMPLETE® Paediatric gradually alongside the other feed until the target amount is reached. Your dietitian will give you feeding instructions which are tailored for your child (see page 8).



Symptom management will depend on the severity and type of symptoms that your child has. During the introduction phase of COMPLETE® Paediatric, it is important to be persistent. It is helpful to complete a diary to monitor your child's symptoms and stool (see page 9 & 10).

If you do not notice any improvement in your child's symptoms after a few days, please consult your dietitian or doctor.



COMPLETE® Paediatric can be offered as a Nasogastric, Nasojejunal, Percutaneous Endoscopic Gastrostomy (PEG) and Gastro-jejunal feed.



To reduce the risk of choking, make sure your child is sitting or lying at a 45-degree angle during feeding.



The SmartFlex bottle can be easily attached to a feeding pump and the bottle can be recycled.



Feeding regimen for COMPLETE[®] Paediatric



Child's name:

Start date of feed:

Recommended volume of COMPLETE[®] Paediatric per 24 hours:

Recommended feeding instructions:

Your child's dietitian is:

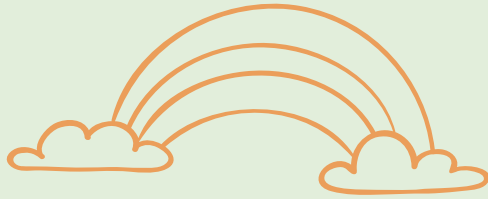
Contact details for your child's dietitian:

Symptom diary feed: COMPLEAT® Paediatric



Week 1:

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Volume of feed (mL):							
Number of stools							
Diarrhoea/ watery stools (yes / no)							
Reflux/ burping (yes / no)							
Vomiting (yes / no)							
Flatulence (yes / no)							
Stomach pain (yes / no)							



Week 2:

	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Volume of feed (mL):							
Number of stools							
Diarrhoea/ watery stools (yes/ no)							
Reflux/ burping (yes/ no)							
Vomiting (yes/ no)							
Flatulence (yes/ no)							
Stomach pain (yes/ no)							



COMPLEAT® Paediatric is available through your local NDIS or Medical Nutrition distributors, as advised by your healthcare professional. For a list of medical nutrition distributors please contact our Nestlé Health Science Consumer Service Team on 1800 335 931.

COMPLEAT® Paediatric is a food for special medical purposes, specially formulated for the dietary management of patients with or at risk of malnutrition. Must be used under the supervision of a healthcare professional.

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Information for healthcare professional use as advice for their patients only. Printed in July 2025.

