

## Patient Information Leaflet

This leaflet is designed to answer common questions about HyFIBER. If you have any other questions, please refer to your healthcare professional.

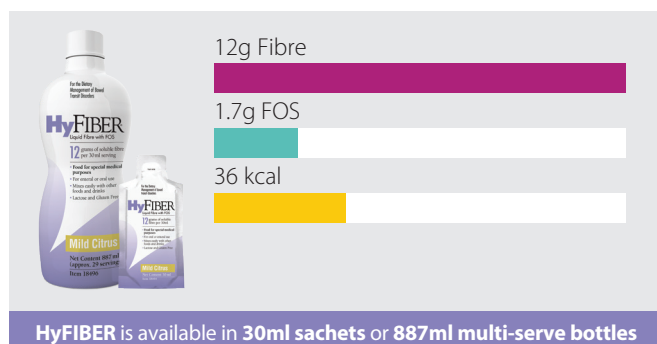
### A bit about HyFIBER

HyFIBER is a low volume, liquid fibre supplement that contains two sources of soluble fibre - polydextrose and fructooligosaccharides (FOS).

HyFIBER is specially designed for people with bowel transit disorders.

HyFIBER is milk, lactose and gluten free.

### Each 30ml serving contains:



### What flavours are available?

HyFIBER is available in a mild citrus flavour.

### How much HyFIBER should I take?

Your healthcare professional will advise you on how much HyFIBER to take, depending on your individual requirements.

### How should HyFIBER be stored?

You should store HyFIBER at room temperature (not exceeding 25°C).

The expiry date can be located on the bottom of each sachet and the neck of each bottle.

**Sachets:** Once opened, use immediately.

**Bottles:** Once opened, make a note of the date on the label. Discard three months after opening. HyFIBER bottles do not need to be refrigerated.

### How do I get hold of HyFIBER?

The healthcare professional who recommended the product for you will be able to advise you on how to get a further supply of HyFIBER if it is required.

Further information is available at [nutrino.com/patient-resources](https://www.nutrino.com/patient-resources)

## How to use HyFIBER?

HyFIBER can be taken orally or administered via an enteral feeding tube.

### Oral use

HyFIBER can be taken on its own, or added to hot or cold, foods or drinks, if preferred.

### Enteral tube feeding

Administer HyFIBER via your enteral feeding tube using an enteral feeding syringe.

You should flush your feeding tube before and after administering HyFIBER.

HyFIBER does not need to be diluted for administration, and it should be administered on its own, and not mixed in with other feeds.

**The information in this leaflet provides general guidance only. Your dietitian will provide more specific instructions on how to administer HyFIBER via your enteral feeding tube.**



**The information in this leaflet is intended for patients who have been recommended HyFIBER by a Healthcare Professional.**

HyFIBER is a Food for Special Medical Purposes for the dietary management of bowel transit disorders and must be used under medical supervision.



### Can I recycle the packaging?

The sachets can be recycled at a wide range of "soft plastic" recycling points. Please visit [recyclenow.com/recycling-locator](https://www.recyclenow.com/recycling-locator) to find your local recycling point.

The cardboard carrier box is widely recyclable, whilst the plastic bag used to retain sachets can also be recycled as a "soft plastic".

For more information visit [nutrinovo.com/sustainability](https://www.nutrinovo.com/sustainability)



Further information is available at [nutrinovo.com/patient-resources](https://www.nutrinovo.com/patient-resources) or by calling 01249 691301