

A Guide to making up Carobel



WHAT IS CAROBEL?

Carobel is a powder based on Carob Bean Gum. Other ingredients are Maltodextrin, Calcium carbonate, Iron sulphate, Zinc sulphate. It comes in 135g Packets with a scoop (1.7g). It is available on prescription for vomiting, reflux and swallowing difficulties.

HOW DOES CAROBEL WORK?

It acts as an instant gelling or thickening agent. It helps feeds stay in the stomach, reducing obvious regurgitation and vomiting.

HOW LONG DOES IT TAKE TO THICKEN?

It takes 3 -4 minutes to thicken.

HOW DO I GIVE CAROBEL?

Guidance on Carobel for breastfed infants:

- ❖ **Day 1 - add ¼ scoop Carobel (supplied in pack) to 10ml cool boiled water or Expressed Breast Milk (EBM)**
- ❖ **Day 2 - add ½ scoop Carobel to 20ml cool boiled water or EBM if needed**
- ❖ **Day 3 - add 1 scoop Carobel to 40ml cool boiled water or EBM if needed**

Give from a sterilised teaspoon, syringe, open cup or bottle before each breastfeed (**up to a maximum of eight times daily**). Breastfed babies can cluster feed (commonly in the evening) - you do not have to give before every feed when baby is cluster feeding.

CAUTION - For a very young baby (less than eight weeks), mix the Carobel with EBM not cooled boiled water, as this is too large a volume of water to give and would fill the baby up. If they are both breast and formula feeding, then you can mix the

Carobel with formula milk and give before breast feed.

Guidance on Carobel for Formula fed infants:

Formula should be made as per manufacturer's instructions and Carobel added as below, using the scoop (1 scoop = 1.7g) supplied - shake for 30-60 seconds and then leave for 3-4 minutes - shaking again before feeding. Remember to add Carobel to every bottle feed.

Try a step for a few days to see if it helps before moving to the next if the feed requires to be thicker.

- ❖ **Step 1 - add ½ scoop Carobel (~1%) per 90ml (3oz) formula milk.**
- ❖ **Step 2 - add 1 scoop Carobel (~2%) per 90ml (3oz) formula milk if needed.**
- ❖ **Step 3 - add 1 ½ scoops Carobel (~3%) per 90ml (3oz) formula milk if needed.**

The Carobel should be added to the milk once it has been cooled (cold or hand warm). Always use the smallest amount of Carobel required.

IS THERE ANYTHING I SHOULD NOT USE WITH CAROBEL?

- ❖ Perfect prep machines
- ❖ Infant Gaviscon
- ❖ Antacids such as Ranitidine

HOW LONG CAN A PACKET BE USED FOR?

Once opened it should be used within four weeks.

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