

# Compleat<sup>®</sup> paediatric

## SimpLink

A PRACTICAL GUIDE FOR  
PARENTS AND CARERS



# ABOUT COMPLEAT® PAEDIATRIC SIMPLINK®



Compleat® paediatric is a liquid nutrition feed for children who use a feeding tube.

It comes in two different bottle types:



**A 500ML BOTTLE**



**A 250ML BOTTLE  
CALLED 'SIMPLINK®'**

Your dietitian has recommended the Simplink® bottles for you to try. This leaflet explains how to use them.

Simplink® bottles are different to the bottles you might have used before. They can be used in different ways. Your dietitian will talk to you about which way you should use them, and how much feed to give.

There are two main ways Simplink® bottles are used:

## **BOLUS FEEDING**

- The purple cap can be connected to the gastrostomy feeding tube. A 250ml bolus feed can be given by squeezing the bottle and using the Simplink® bolus technique shown in this guide. This means you do not need to use a syringe to give the feed.
- If you prefer to use a syringe, you can open the bottle and pour out the amount you need.

## **PUMP FEEDING**

- Simplink® bottles can also be used with a feeding pump. Your dietitian will explain how to do this.

# BEFORE YOU GET STARTED



Make sure you have the feeding plan from your dietitian and any equipment you need. Follow your dietitian's instructions for how much formula to give.



Wash your hands thoroughly.



Flush the feeding tube with water as directed by your dietitian.



Shake the bottle well and check the best before date.



**CONTINUE READING  
FOR A STEP BY STEP  
GUIDE TO USING  
SIMPLINK®**

# STEP BY STEP INSTRUCTIONS

## DIRECT BOLUS FEEDING



**1.** Take off the purple cap and keep to one side. Carefully remove the foil seal.



**2.** Screw the purple cap back on tightly. Remove the small white cap.



**3.** Insert the connector into the end of the gastrostomy tube or extension set. Twist the bottle until it is attached securely.



**4.** Hold the SimpLink® bottle above the level of the gastrostomy tube (stoma) site. Squeeze firmly in the middle of the bottle with both hands. The bottle will slowly start to flatten.



**5.** When the front and back of the bottle have collapsed, squeeze the bottle from top to bottom. If you are giving a full bottle (250ml), keep squeezing until it is completely flat and all the formula has been given. This may take around 10 minutes or more.

Follow your dietitian's instructions for how much formula to give. This might be a whole bottle (250ml), or part of a bottle. If using part of a bottle, the remaining formula can be resealed and stored in the fridge for up to 12 hours. Discard any unused formula after 12 hours.

## WHEN THE FEED IS FINISHED



**A.** Disconnect the bottle from the gastrostomy tube and replace the white cap.



**B.** Flush the gastrostomy tube with water as advised by your dietitian.



**C.** Please recycle SimpLink® bottles with your household recycling.

# STEP BY STEP INSTRUCTIONS

## PUMP FEEDING

If advised by your dietitian, you can use SimpLink® bottles with a feeding pump. You will need a screw-cap or universal giving set. Your dietitian will make sure you have the right one.



**1.** Take off the purple cap and keep to one side. Carefully remove the foil seal.



**2.** Screw the round end of the giving set (or adaptor) on to the bottle securely.



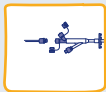
**3.** The bottle can be hung on a stand or placed into a frame.



**4.** Fit the giving set into the pump as directed by your dietitian or nurse.



**5.** Switch on the pump, enter the settings according to your dietitian's instructions, and prime the giving set.



**6.** Securely attach the giving set to the end of the feeding tube (or extension set if you are using a button gastrostomy).



**7.** Start the feed.

## WHEN THE FEED IS FINISHED



**A.** Disconnect the bottle from the gastrostomy tube and replace the small cap.



**B.** Flush the gastrostomy tube with water as advised by your dietitian.



**C.** Please recycle SimpLink® bottles with your household recycling.

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## Simplink

**292**  
kcal\*

1.2 kcal/ml

**9.0 g**

Protein

**2.5 g\***

Fibre

\*/250 ml

**Important notice:** Use under medical supervision. Suitable for use as the sole source of nutrition. **For enteral use only.** Only suitable from 1 year onwards. Do not add food or drugs. **Directions for Use and Storage:** Shake well before use. Unopened, store in a cool dry place. Once bottle is opened, use within 12 hours. Refrigerate unused portion between uses. Discard product left after 12 hours from first bottle opening. **Recommended daily dosage:** 500 - 1700ml or as recommended by a healthcare professional. **Ingredients:** Water, maltodextrin, rehydrated chicken meat 6.9%, rehydrated vegetables 4.3% (peas 3.8%, green beans 0.54%), vegetable oils [rapeseed, sunflower], milk proteins, peach puree (1.4%), orange juice from concentrate (1.2%), fibres (pea fibre, acacia gum, fructo-oligosaccharides, inulin), emulsifiers [E472c, E471], MCT oil, minerals (potassium phosphate, calcium chloride, calcium lactate, calcium phosphate, sodium chloride, potassium chloride, magnesium oxide, magnesium citrate, ferrous lactate, zinc sulphate, copper gluconate, manganese sulphate, sodium fluoride, potassium iodide, sodium molybdate, chromium chloride, sodium selenite), fish oil, choline bitartrate, vitamins [C, niacin, E, pantothenic acid, B6, riboflavin, thiamin, A, folic acid, K, biotin, D, B12], stabiliser [E407], taurine, L-carnitine, antioxidant [E304]. Gluten Free. UHT sterilised.

Typical values	Per 100ml	Per 250ml	Minerals	Per 100ml	Per 250ml	Vitamins	Per 100ml	Per 250ml
Energy kJ/kcal	492/117	1230/292	Sodium mg/mmol	57/2.5	142/6.2	A µg	60	150
Fat (39% kcal) g	5.0	12	Potassium mg/mmol	150 / 3.8	375/9.5	D µg	1.7	4.2
of which saturates g	1.6	4.0	Chloride mg/mmol	130 / 3.7	325/9.2	E mg	1.4	3.5
- MCT g	0.70	1.7	Calcium mg/mmol	115 / 2.9	287/7.2	K µg	7.2	18
of which monounsaturates g	1.8	4.5	Phosphorus mg	73	182	C mg	5.2	13
of which polyunsaturates g	1.1	2.7	Phosphate mmol	2.30	5.7	Thiamin (B1) mg	0.10	0.25
α-Linolenic acid mg	120	300	Magnesium mg/mmol	19 / 0.79	47/2.0	Riboflavin (B2) mg	0.14	0.35
Linoleic acid mg	860	2150	Iron mg	1.4	3.5	Niacin mg (mg NE)	1.2 (1.8)	3.0 (4.5)
Carbohydrate (47% kcal) g	14	35	Zinc mg	0.70	1.7	B6 mg	0.14	0.35
of which sugars g	1.3	3.2	Copper mg	0.080	0.20	Folic acid µg	18	45
- Lactose g	<0.05	-	Manganese mg	0.16	0.40	B12 µg	0.24	0.6
Fibre (2% kcal) g	1.0	2.5	Fluoride mg	0.096	0.24	Biotin µg	2.4	6.0
Protein (12% kcal) g	3.6	9.0	Selenium µg	4.1	10	Pantothenic acid mg	0.50	1.2
Salt g	0.14	0.35	Chromium µg	2.9	7.2			
			Molybdenum µg	6.5	16			
			Iodine µg	12	30			
			<b>Other Nutrients</b>					
			Choline mg	36	90			
			Taurine mg	9.6	24			
			L- Carnitine mg	4.8	12			
			Water content per 100ml:	83g				
						Osmolarity: 280 mOsm/l		
						MCT - Medium Chain Triglycerides		
						NE = Niacin Equivalent		

**All samples of this product are for healthcare professional evaluation only and must be used under medical supervision.** Food for special medical purposes. Nutritionally complete enteral feed, with rehydrated chicken meat & vegetables, peach puree, orange juice from concentrate. Contains milk proteins and fish oil.