



G-Tube Protocols Child & Adult

Recommendations for using Fruit-Eze™ pure fruit regularity blend to *Get Going . . . Naturally™*.

Note!! The following is presented by way of example only. Individuals will vary in their needs and responses. Please contact your physician before modifying a currently prescribed regimen.

Diarrhea can be problematic for individuals who are fed using G-tubes. The concentration of dietary fibers in Fruit-Eze™ pure fruit regularity blend may help produce firmer stools - improving quality of life.

The Fruit-Eze™ program actually allows you to retrain the bowel. Fruit-Eze™ Regularity Blend will supply ample fiber, both *soluble* and *insoluble*, in a form readily usable by the body, to foster regular bowel movements when used as suggested below. Fruit-Eze™ fruit blend is shelf stable and should not be refrigerated.

We suggest that you not use stool softeners or laxatives when following the Fruit-Eze™ bowel program. Individuals currently taking more than 2 stimulant laxatives a day should be *gradually* weaned off of the laxatives. Consult your physician or pediatrician.

Before starting the Fruit-Eze™ program, ensure that you have one good BM (bowel movement) as Fruit-Eze™ Regularity Blend will not soften hard stools that are already in the colon. If necessary, use a Dulcolax (bisacodyl) suppository or take one dose of a laxative to achieve a bowel movement (*for children, remember to use a child-size laxative dose*). Note that when the colon has been emptied using a Dulcolax suppository, laxative or enema, another bowel movement may not occur for three days.

All instructions should be reviewed by your doctor or pediatrician. The Fruit-Eze™ staff is available to assist you. Please call us at our toll free number 1-888-REGULAR (1-888-734-8527) with any questions you may have, and to place orders. The

Regularity Goal

To achieve the easy (without straining) passage of well formed stools (not too hard, nor too soft) at least once every two to three days.

Basic Recommendations

1. If the stool is too hard or too infrequent, the individual is not receiving enough Fruit-Eze™ Regularity Blend.
2. If the stool is too soft or too frequent, the individual is receiving too much Fruit-Eze™ Regularity Blend.

Recommendations for G-Tube Use

- Liquefy Serving with Tepid Water

Liquefy the serving of Fruit-Eze™ by mixing it with tepid water or juice. **Do not use warm liquid. Warm liquid will create a thick gel and may block the tube.**

- Use Electric Blender if G-Tube is Small

When using small tubes, liquefy the serving of Fruit-Eze™ Regularity Blend using an *electric blender*. Thoroughly blenderize the liquid with the serving of Fruit-Eze™.

- Flush the Tube Afterward

Be sure to flush the tube well afterward with 60-100cc of tepid water to avoid blockage.

Servings

Children (under 60 lbs.)

Mix 1 teaspoon Fruit-Eze™ per 45-60cc of tepid water or juice, blenderize (as directed above) to liquefy and bolus it in. Be sure to flush the tube well afterward (as directed above) to avoid blockage.

Adults, Seniors & Children (over 60 Lbs.)

Mix 1 - 2 tablespoons Fruit-Eze™ per 120 cc tepid water or juice, blenderize (as directed above) to liquefy and bolus in. Be sure to flush the tube well afterward (as directed above) to avoid blockage.

Note

For some individuals, daily bowel movements may occur. However, it is considered normal to experience 3 or more stools per week. The bowel activity of each individual is unique. For some people, stools may become too firm if they take *too much* Fruit-Eze™ Regularity Blend. If this occurs, experiment by decreasing the serving by one half serving until you reach a maintenance portion of one teaspoon per day for children and one tablespoon per day for adults, seniors and children over 60 Lbs.

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