



# TwoCal

2.0 kcal/ml complete, balanced, energy dense liquid with FOS (fructo-oligosaccharides)

## PRESENTATION

- Presented in 1000 ml (1997 kcal) Ready to Hang (RTH) containers.
- TwoCal is unflavoured.

N.B. There is a separate datasheet for Ensure TwoCal, which is available in 200 ml bottles and four different flavours.

## USES

Food for Special Medical Purposes, for use under medical supervision. Suitable as a sole source of nutrition or as a nutritional supplement for patients who cannot or will not eat sufficient quantities of everyday food and drink to meet their nutritional requirements.

Nutritionally complete for vitamins and minerals in 875 ml (excluding electrolytes, calculated using the UK Reference Nutrient Intake for men aged 19-50 years).

## COMMUNITY USE—PRESCRIPTIONS

Can be prescribed on a FP10 (GP10 in Scotland) for the following indications:

- Patients with disease-related malnutrition
- Catabolic patients
- Fluid-restricted patients
- Other patients requiring a 2kcal/ml feed

All prescriptions should be endorsed ACBS (Advisory Committee on Borderline Substances).

## STORAGE

- Store unopened at room temperature.
- Avoid prolonged exposure to light.
- Once opened, unused product should be resealed and stored in a refrigerator.
- Unused contents should be discarded after 24 hours.

## DIRECTIONS FOR USE

- Ready for use.
- Administer at room temperature for tube feeding.
- The volume/flow rate should be adjusted to meet the patient's nutritional needs and tolerance. This product has a low viscosity and will pass down a fine nasogastric tube.
- A Flexitainer enteral nutrition container may be used if decanting is necessary.
- For gravity feeding, the use of a Flexiflo gravity gavage set is recommended.
- An Abbott enteral feeding pump may be used in conjunction with the Abbott enteral feeding system where a more accurately controlled delivery of feed is indicated. An ambulatory system is available.
- Bottles will attach to all Abbott Nutrition giving sets.

## PRECAUTIONS

- In patients receiving some medications there may be a risk of drug nutrient interactions (e.g. warfarin and vitamin K). Careful prescribing and monitoring practices will serve to reduce the risk (please refer to pharmacist).
- Unless recommended by a qualified healthcare, not intended for use in children.
- Patients should not make any additions to the feed without consulting their pharmacist or dietitian.

## CONTRA-INDICATIONS

- FOR ENTERAL USE ONLY.
- Not for use in galactosaemia.
- Suitable for people with diabetes provided that routine glucose checks are performed.

## INGREDIENTS

Water, hydrolysed corn starch, *milk* proteins, vegetable oils (high oleic sunflower, soy, canola), maltodextrin, sucrose, FOS, minerals (sodium citrate, potassium chloride, magnesium phosphate dibasic, magnesium chloride, potassium citrate, ferrous sulphate, zinc sulphate, manganese sulphate, cupric sulphate, sodium molybdate, chromium chloride, sodium selenate, potassium iodide), emulsifier: *soy* lecithin, choline chloride, vitamins (C, niacinamide, calcium pantothenate, E, B<sub>6</sub>, B<sub>1</sub>, B<sub>2</sub>, vitamin A palmitate, folic acid, biotin, K<sub>1</sub>, D<sub>3</sub>, B<sub>12</sub>), taurine, l-carnitine, acidity regulator: E525.

## GENERAL INFORMATION

Energy density	2.0 kcal/ml
Energy distribution:	
Protein	16.8%
Carbohydrate	42.1%
Fat	40.1%
Fibre (FOS)	1.00%
Renal solute load	637 mOsm/L
Osmolarity	560 mOsm/L
Osmolality	800 mOsm/kg H <sub>2</sub> O
Gluten free?	✓
Clinically lactose free?	✓
Milk free?	×
Suitable for vegetarians?	✓ <sup>1</sup>

For suitability for other diets and free-from information, please contact the Freephone Nutrition Helpline on 0800 252882.

1. Vitamin D is synthesised from cholesterol, extracted from the grease in wool sheared from live sheep.