

Cystic Fibrosis Information for Newly Diagnosed Infants



Giving Salt

All babies, children and adults lose salt through the process of sweating. Sweating is a normal part of regulating body temperature but for people with cystic fibrosis, salt loss through sweating is much higher than in a person without cystic fibrosis.

Extra salt is needed to replace these losses. For your baby, extra salt is added to the apple puree you use to mix with the Creon granules.



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Dose

Add 1/8th level teaspoon of iodised salt to the daily amount of apple puree (this is the whole amount of apple puree you use in one day). This is usually 8 to 10 teaspoons of apple puree per day for the first few weeks.

Use this salted apple puree mixture for the Creon dose as below

Instructions for mixing Creon with the salted apple puree

1. Open the capsule of Creon and mix all the granules inside the capsule with 1 teaspoon of salted apple puree.
2. If you are giving ½ capsule divide this mixture in half (½ teaspoon). If giving ¼ capsule divide the ½ teaspoon in half again (¼ teaspoon)
3. Give either the half teaspoon or quarter teaspoon of Creon and salted apple puree mix immediately before your feed. Use a soft baby teaspoon
4. Discard the left over mixture

If baby refuses the salted apple puree add a further 1-2 teaspoons apple puree to the daily amount to dilute the salty taste.

Use accurate measurements

- New Zealand measuring spoons should be used for accuracy when measuring



Changes to Doses

- The amount of salt you need to give baby will change as your baby grows
- Never adjust the salt dose yourself – always adjust in discussion with your Dietitian

Dietitian: _____

Mobile: _____

Date: _____