



British Inherited Metabolic Disease Group

ADULT EMERGENCY MANAGEMENT ORAL EMERGENCY REGIMEN (ER)

Emergency drinks are high sugar drinks, which should be taken during illness or if you become unwell e.g. nausea, vomiting, diarrhoea, high temperature or any illness resulting in loss of appetite and inability to take your normal diet. Emergency drinks should be **taken every 2 hours day and night**.

FOR MORE SPECIFIC ADVICE PLEASE CONTACT YOUR LOCAL INHERITED METABOLIC DISEASE TEAM

When to take the oral emergency regimen		
Stage 1 – Possibly unwell	Stage 2 – Unwell but not drowsy and tolerating some oral intake	Stage 3 – Unwell and unable to take/ vomiting drinks or medicine or drowsy
At the first sign of feeling unwell/loss of appetite, take 200ml of glucose polymer drink. If better within one hour continue with normal diet. If obviously unwell then follow stages 2 or 3 as appropriate.	Commence full emergency regimen; 200ml of glucose polymer drink every 2 hours. Continue to eat and drink as able. Continue to give normal medicines.	If unable to tolerate the emergency regimen or not taking medicines, if you do not improve, or if you become increasingly unwell contact your doctor or the hospital for admission. You will require 10% glucose to be given intravenously at 2ml/kg/hr e.g. 140ml/hour for a 70kg adult. <i>If you go into hospital, it is a good idea to take some glucose polymer and your medicines with you.</i>

How to prepare the oral emergency regimen

PLEASE CONTACT YOUR LOCAL INHERITED METABOLIC DISEASE TEAM TO INFORM THEM THAT YOU HAVE STARTED YOUR ORAL EMERGENCY REGIMEN

You will need:

1. Water
2. Glass or shaker.
3. Glucose polymer.
4. Scales or relevant scoops (big blue/yellow) if using Maxijul, Vitajoule or Polycal

Choose one of the glucose polymers listed on the next page and follow the recipe applicable to you (as advised by your metabolic team)

Types of Glucose Polymer available on prescription:



25 % Glucose Polymer Recipes				Oral rehydration solution recipe
Glucose Polymer	Weight of glucose polymer required for single dose	Recipe for 1 single dose (200ml)	Recipe for 24hr (2000ml)	
Maxijul Super Soluble	50g	2 big blue scoops (50g); made up to 200ml with water	20 scoops (500g); add water to 2000ml	Discuss recipe with your metabolic team if required
S.O.S. 25	Pre-measured sachet	Add 1 sachet; made up to 200ml with water	Add 10 sachets; add water to 2000ml	
Vitajoule	50g	2 big blue scoops (50g); made up to 200ml with water	20 scoops (500g); add water to 2000ml	
Polycal Powder	50g	2 big blue scoops (50g); made up to 200ml with water	20 scoops (500g); add water to 2000ml	
				STORE IN FRIDGE & USE WITHIN 24 HOURS

EXAMPLE: How to make up 200ml of a 25% glucose polymer drink



1. Add **TWO** level big blue scoops glucose polymer or **ONE** sachet S.O.S 25 – make up to 200ml with water.
2. Shake or stir well until dissolved.
3. Discuss with your metabolic team if you would like to add flavouring

Note on the UK Government Sugar Tax

We have previously recommended that if adults do not tolerate the above-mentioned glucose polymers, to take alternative sources of energy from commercial drinks such as Lucozade and Ribena. However, due to the introduction of a “sugar tax” across the UK and Republic of Ireland these products have now been reformulated to contain significantly less sugar, impacting on the quantity of product to be consumed to meet the emergency guidelines.

We recommend that all individuals requiring an oral emergency regimen are prescribed a glucose polymer to prevent errors and potential catastrophic events. If you do not have one of the above on prescription please contact your metabolic dietitian.

If you cannot tolerate the above-mentioned glucose polymers, please contact your local inherited metabolic disease team for advice.

Low calorie drinks e.g. “Diet”, “Lite”, “No added sugar”, “Sugar free” drinks are not suitable. They are low in calories and artificial sweeteners, and do not provide sufficient calories for the emergency regimen.