

DOLFIN supplement quick-guide for parents

Thank you for participating in the DOLFIN study. This is a quick-guide to using the supplement during the study. For more information please see the instructions for DOLFIN supplement use - Parent Information for Supplement Use booklet. This is in the DOLFIN Parent Discharge Pack.

If you need further advice on using the supplement, please contact your local NHS clinical team.

Supplement supply (See p.5 of the Parent Information for Supplement Use booklet)

If you joined the study in hospital you will have been given a box of supplement to take home. If you joined the study after you got home, the supplement will be delivered to you by courier, free of charge.

When you receive the package, please check it contains:

- Supplement sachets (powder)
- Scoops
- Closing clips for sachets

If the package is damaged or sachets, scoops, or clips are missing, please contact the study team using the contact details below. The scoops and clips are reusable. Please don't throw them away.

We will keep you supplied with supplement, so you should never run out. If you are worried you may run out, please contact the study team on:

☎ **01865 617919** ✉ **dolphin@npeu.ox.ac.uk**

Storing supplement

Please store unopened sachets at room temperature in a naturally cool place, away from direct sunlight.

How much supplement does my child need? (See p.12 and p.17 onwards of the Parent information for supplement use).

The amount of supplement your child needs depends on their weight. Please visit your community weighing clinic once each month to check this.

Your child needs one scoop of the supplement powder (= 1 gram) per kilogram body weight. Each scoop should be a level scoop – not heaped. The daily maximum intake of the supplement is 12 scoops, for a children who weighs 12 kg or more. Please do not add half scoops.

Adding supplement to a milk feed (See p.12 and p.17 onwards of the Parent Information for Supplement Use booklet).

1 scoop of supplement (= 1 gram powder) needs to be dissolved in at least 3ml of milk, and given with a minimum total feed volume of 15ml of milk.