

# Probiotic (Infloran®)

## bifidobacterium bifidum and lactobacillus acidophilus capsule

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**Note:**

This guideline provides advice of a general nature. This statewide guideline has been prepared to promote and facilitate standardisation and consistency of practice, using a multidisciplinary approach. The guideline is based on a review of published evidence and expert opinion.

Information in this statewide guideline is current at the time of publication.

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Health practitioners in the South Australian public health sector are expected to review specific details of each patient and professionally assess the applicability of the relevant guideline to that clinical situation.

If for good clinical reasons, a decision is made to depart from the guideline, the responsible clinician must document in the patient's medical record, the decision made, by whom, and detailed reasons for the departure from the guideline.

This statewide guideline does not address all the elements of clinical practice and assumes that the individual clinicians are responsible for discussing care with consumers in an environment that is culturally appropriate and which enables respectful confidential discussion. This includes:

- The use of interpreter services where necessary,
- Advising consumers of their choice and ensuring informed consent is obtained,
- Providing care within scope of practice, meeting all legislative requirements and maintaining standards of professional conduct, and
- Documenting all care in accordance with mandatory and local requirements

### **One capsule contains: Bifidobacterium bifidum 1 billion colony-forming units (CFU) and Lactobacillus acidophilus 1 billion CFU**

## Dose and Indications

### **Probiotic used to reduce all-cause mortality and necrotising enterocolitis**

- For neonates born at less than 32 weeks gestational age AND receiving at least 1mL feed every 4hrs. To continue until 34 weeks of corrected age
- Treatment for babies born greater than 32 weeks gestation with extreme growth restriction may also be considered at clinician's discretion. To continue for 2 weeks.

### **Dose (Oral)**

<b>Current enteral feed</b>	<b>Dose of Infloran®</b>
≤1mL per hour	Half capsule per day (1ml reconstituted)
>1mL per hour	One capsule per day (2ml reconstituted)

## Preparation and Administration

### **Oral**

Mix one capsule with 2mL of expressed breast milk or formula (whatever the neonate is being given). If the supply of breast milk is limited, Infloran® can be made up in sterile water.

**Give as a single BOLUS dose.**

Discard the remaining mixture if there is any.

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### Adverse Effects

Loose stools, sepsis

### Monitoring

Sepsis

### Practice Points

- > Contraindicated in neonates with sepsis, critical illness, necrotising enterocolitis, spontaneous intestinal perforation and small bowel stoma. Can be initiated on consultant discretion in the above population once intestinal mucosal integrity is thought to be achieved.
- > Not to be used when the neonate is nil by mouth
- > Not to be added to perfuser feeds or given over time. Always given as a single bolus dose.
- > If there is a concern about tolerance of additional milk for infants on very low rate feeds administration should be discussed with the treating consultant.

### References

- > Al Faleh K, Anabrees J, Bassler D, Al-Kharfi T. Probiotics for prevention of necrotising enterocolitis in preterm infants (Cochrane review), 2014
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- > Lin HC, Su BH, Chen AC, et al. Oral probiotics reduce the incidence and severity of necrotizing enterocolitis in very low birth weight neonates. *Pediatrics* 2005; 115:1–4.
- > Lin HC, Hsu CH, Chen HL, et al. Oral probiotics prevent necrotizing enterocolitis in very low birth weight preterm infants: a multicenter, randomized, controlled trial. *Pediatrics* 2008; 122:693-700.
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### Document Ownership & History

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1/10/14	V1	SA Safety and Quality Strategic Governance Committee	Original SA Maternal, Neonatal & Gynaecology Community of Practice approved version.

