

Respiratory Directorate Cystic Fibrosis Information for Patients

Taking Your CFTR Modulator Therapy with Fat Containing Foods

You have been prescribed **CFTR Modulator Therapy** medication for your cystic fibrosis. In order to ensure that you absorb this medication adequately so that it is effective, it should be taken:

- ✓ the same time as eating a portion of fat containing food
- ✓ your usual dose of creon.

If taking **Kalydeco**© (Ivacaftor) or **Symkevi**© (ivacaftor /tezacaftor) **Kaftrio**© (ivacaftor/tezacaftor/elexacaftor) you should avoid any drinks or foods containing grapefruit all of the time. This also includes drinks or fruit juices that may contain grapefruit and any foods e.g. grapefruit marmalades.



Examples of foods you can take with this medication

There is no specific guidance available for the amount of fat to take with your modulator; however here are some suitable examples.

Breakfast Foods

- 1 boiled egg/fried egg/scrambled egg/ poached egg with toast and margarine or butter
- 1 thick sausage
- ½ pint of whole milk, ¾ pint semi skimmed milk or soya milk with or without cereal
- 1-2 slice wholemeal toast with butter or mashed avocado or 1 tablespoon of peanut butter
- 1 croissant
- 150ml Small pot of Greek/thick and creamy yoghurt/whole milk yoghurt

Snack Foods

- 25g peanuts/cashew nuts/almonds
- A small matchbox size portion of cheese or 1 cheese spread triangle
- Mini Cheddars/potato crisps
- Bar of chocolate
- Cherry Bakewell individual pie or individual fruit pie
- 150ml Small pot of Greek/thick and creamy yoghurt/whole milk yoghurt
- 3 plain digestive biscuits
- tablespoon full fat cream cheese
- A cereal or breakfast bar with more than 5g of fat

Supplement drinks

- 1 bottle of readymade nutritional supplement drink
- 1 milkshake supplement drink e.g. Scandishake
- 30-40ml Calogen or Calogen Extra

Main Meals

If you are worried about your weight and do not want to have additional snacks, you can take your medication with main meals providing this meal contains some fat. If taken with main meals, they need to be at least six hours apart e.g. breakfast and evening meal or lunch and a bedtime snack.

- Sandwiches made with margarine/butter or mayonnaise or cheese
- Meat based meals such as chilli con carne, spaghetti bolognese, lasagne, roast dinner, sausage and mash
- Fried foods
- Pasta meals with added cheese or a creamy sauce or garlic bread
- Meat based stir fry
- Pizza
- Vegetarian chicken style pieces stir fry, vegetarian sausages x 2 vegetarian kiev, tofu based meals

We would not advise you take your medication with the following foods as they may not contain adequate amounts of fat

- Skimmed milk
- Nut milks e.g. almond/hazelnut
- Low fat yoghurts
- Breakfast or cereal bars that contain less than 5g fat
- Jaffa cakes
- Sweets
- Fresh or tinned fruit (unless served with ice cream or cream)

Weight Gain

A small amount of weight gain is a benefit of this medication and will contribute to your improved health. If you do not want to take any additional snacks with your medication, it can be taken with main meals provided these are more than 6 hours apart e.g. breakfast and evening meal or lunch and a bedtime snack. If you are concerned about weight

gain please contact your CF dietitian for advice.

Contact us:

If you have any questions or concerns regarding this information, please contact one of our CF Dietitians on:- 0121 424 1796/0121 424 1788 / 0121 424 2000 bleep 2425, mobile 07794 375776 or email: uhb-tr.cfdietitians@nhs.net

Our commitment to confidentiality

We keep personal and clinical information about you to ensure you receive appropriate care and treatment. Everyone working in the NHS has a legal duty to keep information about you confidential.

We will share information with other parts of the NHS to support your healthcare needs, and we will inform your GP of your progress unless you ask us not to. If we need to share information that identifies you with other organisations we will ask for your consent. You can help us by pointing out any information in your records which is wrong or needs updating.

Additional Sources of Information:

Go online and view NHS Choices website for more information about a wide range of health topics <http://www.nhs.uk/Pages/HomePage.aspx>, www.cysticfibrosis.org.uk, www.heartlandscf.org

You may want to visit one of our Health Information Centres local

- Main Entrance at Birmingham Heartlands Hospital Tel: 0121 424 2280
 - Treatment Centre at Good Hope Hospital Tel: 0121 424 9946
 - Clinic Entrance Solihull Hospital Tel: 0121 424 5616
- or contact us by email: healthinfo.centre@heartofengland.nhs.uk.

Dear Patient

We welcome your views on what you thought of this patient information leaflet, also any suggestions on how you feel we can improve through our feedback link below:

- Patient Information Feedback email: patientinformationleafletfeedback@heartofengland.nhs.uk

If you wish to make any other comments this can be done through the links listed below:

- Patient Opinion: www.patientopinion.org.uk **I want great care: www.iwantgreatcare.org**
(Here you can leave feedback about your doctor)

Be helpful and respectful: think about what people might want to know about our patient information and this hospital and how your experiences might benefit others. Remember your words must be polite and respectful, and you cannot name individuals on the sites.

If you have any questions you may want to ask about your condition or your treatment or if there is anything you do not understand and you wish to know more about please write them down and your doctor will be more than happy to try and answer them for you.

