



University of Washington PKU Clinic
CHDD - Box 357920, Seattle, WA 98195

(206) 685-3015, Toll Free in Washington State 877-685-3015
<http://depts.washington.edu/pku>

Phenyl-Free 2 has arrived!

We are excited about this new medical food (formula) product. Preliminary reports suggest that Phenyl-Free 2 tastes better, smells better, looks more like regular milk, and is easier to prepare than the current Phenyl-Free! We anticipate no problems in your changing to the new formula, but the following guidelines may make the transition smoother for you.

1. Approach the formula transition in a step-wise fashion. We recommend making the change in formula as follows, however each child is different, so we can develop a plan for transition at your next clinic visit.

Toddler/Preschool:	5-10 gram increments
School-Age:	10-20 gram increments
Adolescents and Adults:	40 gram increments

Example

Current formula	Step 1	Step 2
200 grams Phenyl-Free	160 grams Phenyl-Free	120 grams Phenyl-Free
0 grams Phenyl-Free 2	40 grams Phenyl-Free 2	80 grams Phenyl-Free 2

2. Each step should take about one week. (For most people, this will mean a transition period of longer than 6 weeks.)
3. Pausing at the half-way point (for example, 100 grams Phenyl-Free and 100 grams Phenyl-Free 2) will allow you to use up the majority of your supply of the original Phenyl-Free formula.
4. Keep track of both formula inventories. Please call the State Newborn Screening Program if supplies of either of your formula run low.
5. Some children may still have a small amount of cow's milk in their formula. This will be adjusted after the transition to Phenyl-Free 2 is completed.

Please call us if you have any questions or concerns regarding this transition to the new, improved Phenyl-Free formula.