## Indication
Glucose polymer energy supplement

## Action
Poly-Joule is a mixture of glucose polymers (maltodextrin). Maltodextrin is a glucose based oligosaccharide, composed solely of glucose molecules. Oligosaccharides contain 3-9 sugars. Maltodextrins are mostly derived from starch and include maltotriose and α-limit dextrins, which contain both α-1-4 and α-1-6 bonds with an average DP8. It provides a readily absorbed source of energy with a low osmotic strength and bland taste. Poly-Joule is free from protein, fat, sucrose, lactose, fructose, galactose and gluten. Poly-Joule has a low electrolyte content. Poly-Joule can be added to most liquid and semi-solid foods to increase their energy and carbohydrate content.

## Drug Type
Maltodextrin glucose polymer

## Trade Name
Poly-Joule

## Presentation
Provides 3.8Kcal/g.

## Dosage / Interval

<table>
<thead>
<tr>
<th>Maximum daily dose</th>
<th>30 kcal/30 mL preparation.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Route</td>
<td>Oral or enteral</td>
</tr>
</tbody>
</table>

## Administration
Dissolve Polyjoule in Expressed Human Milk or standard term formula. 1g of polyjoule displaces 0.65ml of water.

<table>
<thead>
<tr>
<th>Polyjoule</th>
<th>EBM or standard term formula</th>
<th>Total volume</th>
<th>Kcal/30 mL</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 g</td>
<td>97mL</td>
<td>100 mL</td>
<td>24Kcal/30ml</td>
</tr>
<tr>
<td>6 g</td>
<td>96 mL</td>
<td>100 mL</td>
<td>26 kcal/30 mL</td>
</tr>
<tr>
<td>8 g</td>
<td>95mL</td>
<td>100 mL</td>
<td>28Kcal/30 mL</td>
</tr>
<tr>
<td>10 g</td>
<td>94 mL</td>
<td>100 mL</td>
<td>30 kcal/30 mL</td>
</tr>
</tbody>
</table>

## Contraindications
Galactosaemia

## Adverse Reactions

## Stability

## Storage
Store in a cool, dry place

## Evidence summary

## References

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**Original version Date:** April 2014  
**Author:** Srinivas Bolisetty, Jessica Menzies, Carmen Burman

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**Version Date:** 26/06/2018

**Risk Rating:** Low  
**Due for Review:** 26/06/2023

**Approval by:** As per Local Policy  
**Approval Date:**