

Recommended Dietary Guidelines for Patients taking Miglustat

Gastrointestinal Side Effects

Miglustat inhibits intestinal disaccharidases, mainly sucrase-isomaltase, which leads to reduced absorption of dietary disaccharides. These disaccharides in the intestines can lead to diarrhea, gas, bloating, abdominal pain or discomfort, nausea, and vomiting. Symptoms are typically mild or moderate and usually subside after taking the drug for approximately three months. Patients can help minimize these side effects by reducing dietary carbohydrates (disaccharides) in their daily diet.

Reduce Dietary Carbohydrates

Patients should consider reducing dietary carbohydrates three days before starting on Miglustat therapy and continue this regimen throughout their therapy duration. Meals should contain less than five grams of carbohydrates. The main dietary carbohydrates are sucrose (glucose-fructose), maltose (glucose-glucose), and to a lesser extent, lactose (glucose-galactose). Examples of foods that contain carbohydrates include:

- **Sucrose** – Sweet-tasting foods such as fruits and added sugars
- **Maltose** – Starchy foods such as grains, potatoes, beans, and legumes
- **Lactose** – Dairy products, such as milk, cheese, ice cream and yogurt

Suggested Patient Counseling Points

- Do not take Miglustat with meals, preferably two hours before or after a meal to lessen gastrointestinal side effects
- Ensure patients are meeting dietary calcium and vitamin D requirements
- Lactose-free dairy and milk alternatives (e.g., soy) can be used if there is no added sugar (sucrose)
- Artificial sweeteners can be used sparingly, however excessive use may also cause diarrhea
- Antidiarrheals such as loperamide are available to treat diarrhea

Source:

https://www.ernaehrungs-umschau.de/fileadmin/Ernaehrungs-Umschau/pdfs/pdf_2019/03_19/EU03_2019_WuF_Fischer_engl_72_03.pdf

<http://adultmetabolicdiseasesclinic.ca/resources/Diet-Guidelines-for-people-taking-Miglustat.pdf>