Supplementary Text S1 Probiotics Administration Protocol

The Probiotics Administration Protocol below is an updated version of the protocol used by Rivas Zorggroep based on the focus group discussions.

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| **Administration of probiotics (powder form)** |
| Aim  Practical guidelines for correct administration of probiotics  Target group  This document is meant for nursing staff working in nursing homes.  Materials   * One 5 g sachet of probiotics (powder form) * 100 ml water, dessert, milk or (drink)yoghurt   Description of the administration procedure  **General considerations**   * Mix the powder with 100 ml water, dessert, milk or (drink)yoghurt. Don’t mix it with fruit juice, fruit compote, carbonized drinks or warm drinks. Stir well before use. * Administer probiotics at least 2-3 hours before or after the administration of antibiotics. * Administer probiotics twice per day from the start of antibiotics treatment up to 1 week after finishing the antibiotics treatment.   **In case of swallowing problems**   * Mix probiotics with thickener, dessert or pudding. Don’t thicken with fruit compote and/or warm foods.   **In case of probe feeding**   * Mix the powder with 100 ml water. Stir well before administration by probe. Don’t administer probiotics when the probe is positioned past the stomach.   **In case of diarrhoea**   * Probiotics administration is allowed in cases of diarrhoea.   **In case of lactose intolerance**   * Probiotics can be used in cases of lactose intolerance.   **In case of laxative use**   * Probiotics administration is allowed in conjunction with laxatives. |