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)** |
| AimPractical guidelines for correct administration of probioticsTarget groupThis 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.
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