



## Prescribing Guidelines for Oral Nutritional Supplements (ONS) for adults

### Recommendations:

The NICE [Quality Standard Nutrition support in adults](#) [QS24] and the [NICE Clinical Guideline: Nutrition support for adults: oral nutrition support, enteral tube feeding and parenteral nutrition](#) [CG32] should be followed.

The purpose of this guidance is to outline recommendations for the use of oral nutritional supplements (ONS) in Herefordshire and Worcestershire.

The objectives of this guidance is to:

- Advise on who is at risk of malnutrition and identify any underlying causes of malnutrition.
- Outline initial goal setting and advice on 'Food First' (also known as food boosting / fortification) and over the counter ONS products.
- Advise when prescribing ONS is considered appropriate and the preferred products.
- Advise on prescribing for specific patient groups

All adult patients should be nutritionally screened using [MUST](#) (Malnutrition Universal Screening Tool). Screening should take place on initial registration at general practice surgeries and when there is clinical concern. Screening should also be considered at other opportunities (for example, health checks, flu injections).

The [Herefordshire and Worcestershire CCG Oral Nutritional Supplements](#) Position Statement should be read in conjunction with this guideline.

**NOTE: This guidance applies to patients taking ORAL nutritional supplements and DOES NOT apply to tube fed patients.  
This guidance DOES NOT apply to children.**

# Prescribing Guidelines for Oral Nutritional Supplements (ONS) for adults

## Purpose of the Guideline

This document advises prescribers on the appropriate prescribing of oral nutritional supplements (ONS) in adults in primary care.

## Step One: Identification of Nutritional Risk

[NICE Clinical Guideline 32<sup>1</sup>](#) Nutritional Support in adults suggests the following criteria are used to identify those who are malnourished or at nutritional risk:

- [MUST](#) score of 2 or more
- [Body Mass Index \(BMI\)](#) < 18.5kg/m<sup>2</sup>
- Unintentional weight loss > 10% in the past 3-6 months
- [Body Mass Index \(BMI\)](#) < 20kg/m<sup>2</sup> and an unintentional weight loss >5% in past 3-6 months
- Those who have eaten little or nothing for > 5 days and/or are likely to eat nothing for the next five days or longer
- Those who have poor absorptive capacity or high nutrient losses or increased nutritional needs from causes such as catabolism.

## Step Two: Assessment of the underlying causes of malnutrition<sup>2</sup>

Once nutritional risk has been established, the underlying cause and treatment options should be assessed, and appropriate action taken. Consider:

- Ability to chew and swallowing issues
- Medical prognosis
- Psychological issues / low mood
- Physical symptoms e.g. pain, nausea, vomiting, constipation, diarrhoea
- Impact of medication
- Environmental and social issues
- Tissue viability / skin integrity
- Substance or alcohol misuse

## Step Three: Setting a treatment goal and food boosting / fortification advice

- Clear treatment goals and a care plan should be agreed with patients and carers.
- Treatment goals should be documented in the patient's records and include the aim of nutritional support with a timescale in line with the Oral Nutritional Supplements (Adults) Commissioning Policy Herefordshire & Worcestershire.

## Step Four: Offering food boosting/ food fortification

- Food boosting / fortification is first line for patients identified as being at risk from malnutrition unless they have special nutritional requirements.
- Food boosting / fortification is based on the principle of using every day food items to enrich the diet with energy and protein. Many patients who are at risk of malnutrition also suffer with poor appetites. Food boosting / fortification helps these individuals to increase the calorie content of their food without necessarily increasing the quantity they have to eat.
- If patients or carers do not have the ability or do not wish to make their own products they can purchase a range of over the counter foods supplements and products for example Complan<sup>®</sup>, Meritene Engeris, Aymes, Nurishment Extra and Original
- Socio-economic barriers to using this food boosting / fortification approach should be discussed sensitively.

Leaflets available:

- [Making the most of your food](#)
- [Nourishing drinks and snacks](#)

## NHS Website: [How to put on weight safely](#)

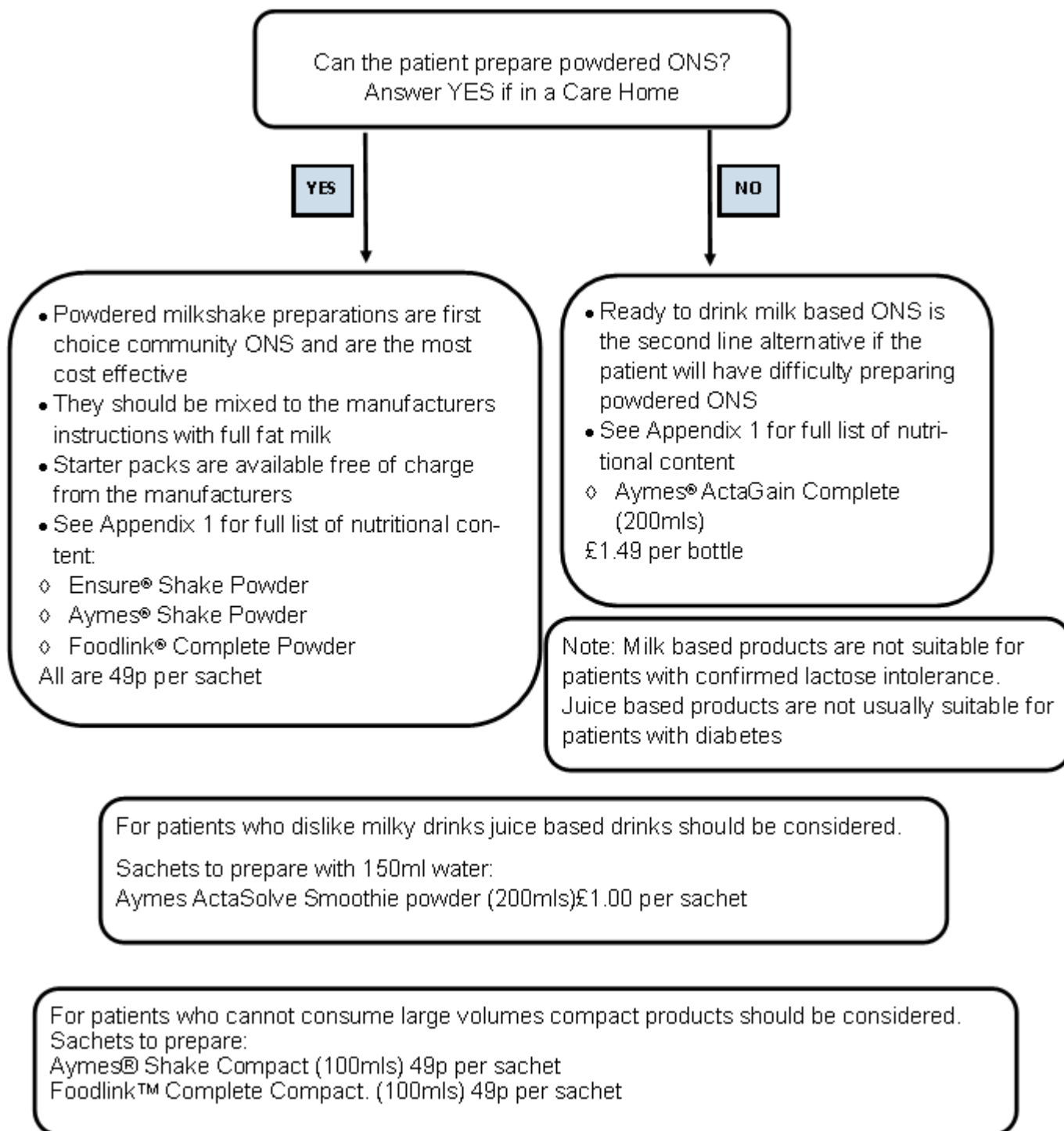
<https://www.nhs.uk/live-well/healthy-weight/advice-for-underweight-adults/?tabname=safe-weight-gain>

## Step Five: Prescribing ONS

- Following food fortification, a MUST score should be repeated after 4 weeks (or earlier using professional judgment).
- Compliance with a fortified diet should be reviewed and advice given where appropriate.
- Prescribing of ONS is only appropriate where the patient's nutritional needs are not being met by consuming normal or fortified foods and they meet at least one of the ACBS<sup>3</sup> criteria below. ONS is not to be prescribed on FP10 for patients following a restrictive diet unless on specific direction of a dietitian.
- In line with the Herefordshire & Worcestershire CCG [ONS position statement](#) the prescribing of soup ONS products should not be initiated in primary care because home made or bought products are readily available which can be fortified. There are limited eligibility criteria applied to pudding products.
- Patients must meet at least one of the ACBS<sup>3</sup> criteria listed below to be eligible for an NHS prescription for any of the ONS products recommended in this guideline:
  - Short bowel syndrome.
  - Intractable malabsorption.
  - Pre-operative preparation of patients who are undernourished.
  - Proven inflammatory bowel disease.
  - Following total gastrectomy.
  - Dysphagia.
  - Bowel fistulae.
  - Disease related malnutrition

## Starting Prescriptions

- It is recommended that two ONS per day be prescribed as clinical effects are often seen with one to three servings per day.<sup>2</sup> Once daily prescribing provides amounts that can be met with food fortification alone and may delay resolution of the problem.<sup>2</sup>
- Starter packs are available free of charge from the companies and can be used as the initial supply to confirm choice of flavours, ensure the product is tolerated and avoid wastage. Starter packs often contain a shaker device and can be more expensive so avoid prescribing for ongoing prescriptions unless a replacement shaker is required.
- An order can be placed online by healthcare professionals and delivered directly to the patient using the links below:
  - [Aymes®](#)
  - [Foodlink™](#)
  - [Ensure®](#)
  - [Complan™](#)
  - [Fortisip®](#)
- Use the flow chart on the next page to decide the initial prescription for ONS
- Patients should be encouraged to take ONS when they most feel like taking them, this may be between meals, like a snack, first thing in the morning or before bed.<sup>2</sup>
- ONS not finished in one sitting can be covered and stored in the fridge for up to 24 hours and consumed later to avoid wastage. See manufacturers information for product specific information.
- ONS often contain macronutrients (protein and/or energy) and micronutrients (vitamins and minerals) at varying levels of concentrations. Therefore, not all ONS are nutritionally complete, meaning that they cannot be used as a sole source of nutrition<sup>4</sup>.
- See Appendix One for preferred products which are appropriate for initiation in primary care.
- Appendix Two details other oral nutritional supplements that may be recommended by dietitians and the common circumstances where they may be appropriate.



### Step Six: Reviewing and Discontinuing ONS<sup>2</sup>

- Patients prescribed ONS should be reviewed regularly to assess progress against the treatment goals and whether there is a continued need for ONS on an NHS prescription.
- The following parameters should be monitored:
  - ◊ Weight/ BMI/ wound healing depending on the goal set. If unable to weigh the patient record other measures to assess if the weight has changed e.g. mid-upper arm circumference, clothes/rings/watch looser or tighter, visual assessment.
  - ◊ Changes in food intake
  - ◊ Compliance with ONS and stock levels remaining.
- When treatment goals have been met, discontinue prescriptions. Maintain food fortification advice where necessary and ideally review one month after discontinuation of ONS to ensure no recurrence of the precipitating problem.

## Specific Patient Groups

### Care home residents

- Care homes should provide make sure that people have enough to eat and drink to meet their nutrition and hydration needs and have a variety of nutritious appetizing food available<sup>5</sup> which would include suitable snacks, food fortification as well as homemade milkshakes or smoothies to improve nutritional intake of those at risk of malnutrition.
- Care homes should also thicken food and drinks for patients with dysphagia in line with their speech and language therapy led management plan and should not use thickened ONS products unless they are part of this plan.

### Patients discharged from in patient settings with ONS

- **DO NOT** automatically prescribe ONS. Patients who are discharged from hospital with ONS in the absence of any written correspondence from the hospital dietitians, should not be given nutritional supplements post-discharge.
- Where they are recommended by a dietitian, clinical justification and clear treatment goal(s) should be identified.

### Patients with dysphagia<sup>1</sup>







- These patients should be referred to health professionals with relevant skills and training in the diagnosis, assessment and management of swallowing disorders to ensure appropriate advice on dietary modification is provided.
- Patients should have an individual management plan which contains details of the consistency of fluids and foods the person is able to manage.<sup>6</sup>
- International Dysphagia Diet Standardisation Initiative (IDDSI) levels are indicated on Appendix 2.
- They should only be prescribed ONS if they are at risk of malnutrition and the product is of the consistency required in their management plan. GPs should only prescribe these products on the advice of a speech and language therapist or dietitian.

### Patients in whom a Palliative Care approach has been adopted or patients approaching the end of their lives<sup>2</sup>







- The use of ONS in palliative care should be assessed on an individual basis and appropriateness depends on the patient's health and their treatment plan.
- Emphasis should be on the enjoyment of nourishing food and drinks and maximising quality of life.

<b>Nutritional management in early palliative care when approaching the end of life with months or years to live.</b>	Assess and manage in line with this guidance
<b>Nutritional management in late palliative care and the last few days of life.</b>	Do not routinely prescribe ONS. Goal of nutrition should NOT be weight gain or reversal of malnutrition, but quality of life. Avoid prescribing ONS for the sake of 'doing something' when other dietary advice has failed.

## Appendix One: Product choices for primary care initiation of oral nutritional supplements

<b>1st option for Prescribing in Primary Care</b> Oral Nutritional Supplements should not be used as a substitute for food as they are <b>not all</b> nutritionally complete. Dietary information included is gluten free and suitable for vegetarian. For all other specific dietary requirements please refer to the manufacturer's information Prescribe on an <b>ACUTE</b> prescription to facilitate 28 day/monthly review. Issue starter pack(s) /supply for one week and ask patient to inform practice of preferences.							
PRODUCT	STARTER PACK	CALORIES / PROTEIN	IDDSI LEVEL if available	DIRECTIONS	FLAVOURS / PACK SIZE	DIETARY INFORMATION	DOSE / COST* (March 2021)
<b>POWDERED SUPPLEMENTS</b> Check the patient can mix up powdered formulations.							
 <b>Ensure® Shake Powder</b> 200mls <b>MILKSHAKE</b>	Prescribe 7 days of preferred flavour(s) <a href="#">Order samples for free direct delivery to patient</a>	389kcal with whole milk 17g protein	0	Mix the contents of one sachet with <b>200mls</b> whole milk.	Banana, chocolate, strawberry, vanilla 7x57g	Gluten free Suitable for vegetarians  28.7g sugars in a 200ml serving	<b>49p per sachet</b>  One twice a day  Cost for 28 days £27.44
 <b>Aymes® Shake Powder</b> 200mls <b>MILKSHAKE</b>	5 x 57g sachets & shaker 66p per sachet on FP10 <a href="#">Order samples for free direct delivery to patient</a>	383kcal with whole milk 19g protein	0	Mix the contents of one sachet with <b>200mls</b> whole milk	Banana, chocolate, ginger, neutral, strawberry, vanilla 7x57g	Gluten free Suitable for Vegetarians  27.3g -34.2g sugars in a 200ml serving	<b>49p per sachet</b>  One twice a day  Cost for 28 days £27.44
 <b>Aymes® Shake Compact Powder</b> 100mls <b>MILKSHAKE</b>	5 x 57g sachets & shaker <a href="#">Order samples for free direct delivery to patient</a>	316-321 kcal with whole milk 12.2 - 12.6g protein	1	Mix the contents of one sachet with <b>100mls</b> whole milk.	Banana, chocolate, neutral, strawberry, vanilla 7x57g	Gluten free Suitable for Vegetarians  21.3g -26.2g sugars in a 200ml serving	<b>49p per sachet</b>  One twice a day.  Cost for 28 days £27.44
 <b>Complan™ Shake</b> 200mls <b>MILKSHAKE</b>	5 x 57g sachets & shaker <a href="#">Order samples for free direct delivery to patient</a>	380kcal with whole milk 15.5g protein	Information not available	Mix the contents of one sachet with <b>200mls</b> whole milk.	Banana, chocolate, original, strawberry, vanilla 4x 57g	Gluten free  27.5g sugars in 200ml serving	<b>49p per sachet</b>  One twice a day.  Cost for 28 days £27.44
 <b>Foodlink Complete™ Powder</b> 200mls <b>MILKSHAKE</b>	5 x 57g sachets & shaker 66p per sachet on FP10 <a href="#">Order samples for free direct delivery to patient</a>	383 kcal with whole milk 19g protein	0	Mix the contents of one sachet with <b>200mls</b> whole milk.	Banana, chocolate, natural, strawberry, vanilla 7x57g	Gluten Free  34g sugars in a 200ml serving	<b>49p per sachet</b>  One twice a day.  Cost for 28 days £27.44
 <b>Foodlink Complete™ Compact Powder</b> 100mls <b>MILKSHAKE</b>	5 x 57g sachets & shaker 66p per sachet on FP10 <a href="#">Order samples for free direct delivery to patient</a>	318 kcal with whole milk 15g protein	2	Mix the contents of one sachet with <b>100mls</b> whole milk.	Banana, chocolate, natural, strawberry, vanilla 7x57g	Gluten Free  29g sugars in a 100ml serving	<b>49p per sachet</b>  One twice a day.  Cost for 28 days £27.44






SUPPLEMENT WITH FIBRE							
 <b>Foodlink Complete with fibre™ Powder</b> <b>200mls MILKSHAKE</b>	5 x 63g sachets & shaker 73p per sachet on FP10 <a href="#">Order samples for free direct delivery to patient</a>	397kcal 19g protein 4.5g fibre	2	Mix the contents of one sachet with <b>200mls</b> whole milk.	Banana, chocolate, natural, strawberry, vanilla 7x63g	Gluten Free 35g sugars in a 200ml serving	<b>72p per sachet</b> One twice a day. Cost for 28 days £40.32
JUICE DRINK							
 <b>Aymes® ActaSolve Smoothie Powder</b> <b>150ml JUICE STYLE</b>	4 x 66g sachets & shaker <a href="#">Order samples for free direct delivery to patient</a>	296-298 kcal 10.7 g protein	2	Mix the contents of one sachet with <b>150mls</b> water.	Mango, peach, pineapple, strawberry & Cranberry 7x66g	Suitable for Vegetarians 16.4 g - 17.9g sugars in 150ml serving	<b>£1.00 per sachet</b> One twice a day. Cost for 28 days £56.00
READY TO DRINK							
 <b>Aymes® ActaGain 2.4 Complete</b> <b>200mls MILKSHAKE</b>	Starter Pack 2 x 200ml <a href="#">Order samples for free direct delivery to patient</a>	480 kcals 19.2g protein 2.4kcal/ml	2	Ready to Drink ONE BOTTLE A DAY	Banana, strawberry, vanilla	Suitable for Vegetarians 16g sugars in a 200ml serving	<b>£1.33 per bottle</b> One bottle a day. Cost for 28 days £37.24
<b>2nd option for Prescribing in Primary Care 1.5kcal/ml</b> <b>ONLY consider if first line supplements are not suitable. Dietary information included is gluten free and suitable for vegetarian. For all other specific dietary requirements please refer to the manufacturer's information</b>							
PRODUCT	STARTER PACK	CALORIES / PROTEIN	IDDSI LEVEL	DIRECTIONS	FLAVOURS / PACK SIZE	DIETARY INFORMATION	DOSE / COST* (March 2021)
 <b>Aymes® Complete</b> <b>200mls MILKSHAKE</b>	4 x 200ml <a href="#">Order samples for free direct delivery to patient</a>	300-302kcal 12g protein	0	Ready to drink	Banana, chocolate, strawberry, vanilla  4 x 200ml	Suitable for Vegetarians 12g-13.6g sugars in 200ml serving	<b>£1.05 per bottle</b> One twice a day. Cost for 28 days £58.80
 <b>Ensure® Plus Milkshake Style</b> <b>200mls MILKSHAKE</b>	Prescribe 7 days supply of preferred flavour(s) <a href="#">Order samples for free direct delivery to patient</a>	300 kcal 12.5g protein	0	Ready to drink	Banana, chocolate, coffee, fruits of forest, neutral, peach, raspberry, strawberry, vanilla	Gluten Free Suitable for Vegetarians 12.5 sugars in a 200ml serving	<b>£1.11 per bottle</b> One twice a day. Cost for 28 days £62.16
 <b>Fortisip® Drink</b> <b>200mls MILKSHAKE</b>	Prescribe 7 day supply of preferred flavour(s)	300 kcal 12g protein	Information not available	Ready to drink	Banana, caramel, chocolate, neutral, orange, strawberry, tropical, vanilla	Gluten Free 13.4g sugars in a 200ml serving	<b>£1.12 per bottle</b> One twice a day. Cost for 28 days £62.72

\*Prices included are correct at the time but will be checked and updated on a regular basis


## Appendix Two: Nutritional supplements that may be recommended for primary care prescribing

\*Dietary information included is gluten free and suitable for vegetarian. For all other specific dietary requirements please refer to the manufacturer's information  
Prices included are correct at the time but will be checked and updated on a regular basis

Thickened ONS Preparations							
ONLY to be prescribed on the advice of a speech and language therapist or a dietitian for patients with dysphagia and must be in line with their management plan							
PRODUCT	STARTER PACK	CALORIES/ PROTEIN	IDDSI LEVEL	DIRECTIONS	FLAVOURS / PACK SIZE	DIETARY* INFORMATION	DOSE / COST (March 2021)
 <p><b>Slo~® Milkshake +</b> <b>200ml POWDERED MILKSHAKE</b> <b>IDDSI Level 1,2,3,4</b></p>	Prescribe 7 day supply of preferred flavour(s)	Level 1: 401.5kcal 27.6g protein Levels 2&3: 333 kcal 24.2g protein Level 4: 265.5 kcal 20.8g	<b>LEVEL 1</b> Slightly thick <b>LEVEL 2</b> Syrup Mildly Thick <b>LEVEL 3</b> Custard Moderately Thick <b>LEVEL 4</b> Pudding Extremely Thick	Mix the contents of one sachet with whole milk. Volume of whole milk: 300ml level 1 200ml Level 2 200ml level 3 100ml level 4  Mix for 30 seconds. Leave to stand for 10 minutes. Mix again then serve.	Strawberry, chocolate  Pack of 7 sachets	Suitable for Vegetarians  33g sugars in 200ml serving	<b>Level 1 &amp; 4 95p per sachet</b> <b>Level 2 &amp; 3 84p per sachet</b>  One twice a day.  Cost for 28 days £47.04- £53.20



Dessert Style ONS Preparations							
ONLY to be prescribed on the advice of a Speech and Language Therapist or a dietitian for patients with swallowing difficulties and must be in line with their management plan							
PRODUCT	STARTER PACK	CALORIES / PROTEIN	IDDSI LEVEL	DIRECTIONS	FLAVOURS / PACK SIZE	DIETARY* INFORMATION	DOSE / COST (March 2021)
 <p><b>Aymes® ActaSolve Delight</b> <b>POWDERED DESSERT STYLE</b> <b>IDDSI Level 4</b></p>	3 x 57g sachets  <a href="#">Order samples for free direct delivery to patient</a>	302 kcal  11.2g protein	<b>LEVEL 4</b>	Add <b>75mls</b> of whole milk to a bowl then add the contents of one sachet. Whisk for at least 30 seconds. Stand for 15 minutes allow to set.	Butterscotch, lemon, mixed Berries  Pack of 7 sachets	Suitable for Vegetarians  23.2g-25.3g sugars in a serving	<b>99p per sachet</b>
 <p><b>Aymes® ActaCal Crème</b> <b>DESSERT STYLE</b> <b>IDDSI Level 4</b></p>	2x125g pots  <a href="#">Order samples for free direct delivery to patient</a>	188 kcal  9.4g protein	<b>LEVEL 4</b>	Ready to eat.	Vanilla, chocolate  Pack of 4 125g pots	10.4g-10.8g sugars in a serving	<b>£1.19 per pot</b>



 <b>Nutricrem</b> <b>DESSERT STYLE</b> <b>IDDSI Level 4</b>	3 x 125g pots <a href="#">Order samples for free direct delivery to patient</a>	225 calories 12.5g protein	<b>LEVEL 4</b>	Ready to eat. Stir well before use	Vanilla, strawberry, chocolate orange, mint chocolate Pack of 4 125g pots	12.1g sugars in a serving	<b>£1.72 per pot</b>
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### High Protein Products


**ONLY to be prescribed on the advice of a dietitian and are for short term use only as an oral supplement**  
**FORTISIP COMPACT PROTEIN is £2.05 per bottle and provides similar levels of protein per ml to the formulary choices below which are the preferred products.**  
**Fortisip Compact Protein has a low potassium content so may be recommended by dietitians for patients with renal disease.**

PRODUCT	STARTER PACK	CALORIES / PROTEIN	IDDSI LEVEL	DIRECTIONS	FLAVOURS / PACK SIZE	DIETARY* INFORMATION	DOSE / COST (March 2021)
 <b>Aymes® ActaGain 2.4 Complete</b> <b>200mls MILKSHAKE</b>	2 x 200ml <a href="#">Order samples for free direct delivery to patient</a>	480 kcals 19.2g protein 2.4kcal/ml	2	Ready to Drink 100ml x 2 times a day Or 50mls x 4 times a day.	Strawberry, Vanilla 4 x 200mls	Suitable for Vegetarians 16g sugars in a 200ml serving	<b>£1.33 per bottle</b> One bottle a day. Cost for 28 days £37.24
 <b>Foodlink Complete™ Compact Powder</b> <b>100mls MILKSHAKE</b>	5 x 57g sachets & shaker 66p per sachet <a href="#">Order samples for free direct delivery to patient</a>	318 kcal with whole milk 15g protein	Information not available	Mix the contents of one sachet with <b>100mls</b> whole milk.	Banana, strawberry, chocolate, natural vanilla 7x57g	Gluten Free 29g sugars in a 100ml serving	<b>49p per sachet</b> One twice a day. Cost for 28 days £27.44

Note: Other high protein preparations may be recommended by dietitians to be prescribed in primary care for tube fed patients.

### High Energy Products 2kcal + per ml

**ONLY to be prescribed on the advice of a dietitian and the products listed below are the preferred formulary choices**





PRODUCT	STARTER PACK	CALORIES / PROTEIN	IDDSI LEVEL	DIRECTIONS	FLAVOURS / PACK SIZE	DIETARY* INFORMATION	DOSE / COST (March 2021)
 <b>Aymes® ActaGain 2.4 Complete</b> <b>200mls MILKSHAKE</b>	2 x 200ml <a href="#">Order samples for free direct delivery to patient</a>	480 kcals 19.2g protein 2.4kcal/ml	2	Ready to Drink Take 100ml x 2 times a day Or 50mls x 4 times a day.	Banana, Strawberry, Vanilla 4 x 200mls	Suitable for Vegetarians 16g sugars in a 200ml serving	<b>£1.33 per bottle</b> One bottle a day. Cost for 28 days £37.24

Note: Other high energy preparations may be recommended by dietitians to be prescribed in primary care for tube fed patients.

## Compact Products

First line compact products are Foodlink Complete Compact and Aymes Shake Compact Powder (see page 6).

These ready to drink products are alternatives **ONLY** to be prescribed on the advice of a dietitian where a patient is unable to make up a powdered drink


PRODUCT	STARTER PACK	CALORIES / PROTEIN	IDDSI LEVEL	DIRECTIONS	FLAVOURS / PACK SIZE	DIETARY* INFORMATION	DOSE / COST (March 2021)
 <b>Aymes® ActaGain 2.4 Complete</b> <b>200mls MILKSHAKE</b>	2 x 200ml <a href="#">Order samples for free direct delivery to patient</a>	480 kcals 19.2g protein 2.4kcal/ml	2	Ready to Drink Take 100ml x 2 times a day Or 50mls x 4 times a day	Banana, Strawberry, Vanilla 4 x 200mls	Suitable for Vegetarians 16g sugars in a 200ml serving	<b>£1.33 per bottle</b> One bottle a day. Cost for 28 days £37.24
 <b>Altraplen Compact</b> <b>125mls MILKSHAKE</b>	4 x 125ml <a href="#">Order samples for free direct delivery to patient</a>	300 kcals 12g protein 2.4kcal/ml		Ready to Drink	Strawberry, vanilla, Hazel Chocolate, Banana	Suitable for Vegetarians 14.5g sugars in a 125ml serving	<b>£1.33 per bottle</b> One twice a day. Cost for 28 days £74.48
 <b>Ensure® Compact</b> <b>125mls MILKSHAKE</b>	Prescribe 7 day supply of preferred flavour(s)	300 kcals 13g protein 2.4kcal/ml		Ready to Drink	Strawberry, Vanilla, Banana, Café latte	Suitable for Vegetarians, Gluten Free	<b>£1.33 per bottle</b> One twice a day. Cost for 28 days £74.48
 <b>Fortisip® Compact</b> <b>125mls MILKSHAKE</b>	Starter pack 6 x 125mls <a href="#">Order samples for free direct delivery to patient</a>	300 kcals 12g protein 2.4kcal/ml		Ready to Drink	Apricot, Banana, Chocolate, Forest Fruit, Mocha, Neutral, Strawberry, Vanilla	Gluten Free 18.8g sugars in a 125ml serving	<b>£1.33 per bottle</b> One twice a day. Cost for 28 days £74.48




Note: Other compact preparations may be recommended by dietitians to be prescribed in primary care for tube fed patients.

## Juice Style Products







Alternatives **ONLY** to be prescribed where a milk-based product is not suitable

First line juice-based product is Aymes ActaSolve Smoothie (see page 6). These ready to drink option juice style products **ONLY** to be prescribed where a patient is unable to make up a powdered drink. They should not routinely be prescribed for patients with diabetes because they have a higher glycaemic index.<sup>2</sup>

PRODUCT	STARTER PACK	CALORIES/ PROTEIN	DIRECTIONS	FLAVOURS / PACK SIZE	DIETARY* INFORMATION	DOSE / COST (March 2021)
 <b>Altrajuce</b> <b>200mls JUICE STYLE</b>	4 x 200mls <a href="#">Order samples for free direct delivery to patient</a>	300 kcals 7.8g protein 1.5kcal/ml	Ready to Drink	Apple, Blackcurrant, Orange, Strawberry	Gluten Free 27g sugars in a 200ml serving	<b>£1.70</b> One twice a day. Cost for 28 days £95.20

	<b>Ensure Plus® Juice</b> <b>220mls JUICE STYLE</b>	Prescribe 7 day supply of preferred flavour(s)	330 kcals 10.6g protein 1.5kcal/ml	Ready to Drink	Apple, Fruit punch, Lemon and lime, Orange, Peach and Strawberry	Suitable for Vegetarians Gluten Free	<b>£1.97</b> One twice a day. Cost for 28 days £110.32
	<b>Fortijuce</b> <b>200mls JUICE STYLE</b>	4 x 200mls <a href="#">Order samples for free direct delivery to patient</a>	300 kcals 7.8g protein 1.5kcal/ml	Ready to Drink	Apple, Lemon Blackcurrant, Forest Fruit, Orange, Strawberry, Tropical	26.2g sugars in a 200ml serving	<b>£2.02</b> One twice a day. Cost for 28 days £113.12
	<b>Fresubin® Jucy</b> <b>200mls JUICE STYLE</b>	Prescribe 7 day supply of preferred flavour(s)	300 kcals 8g protein 1.5kcal/ml	Ready to Drink	Blackcurrant, Apple Orange, Pineapple	16g sugars in a 200ml serving	<b>£2.01</b> One twice a day. Cost for 28 days £112.56


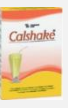


Note: Other shot/small volume preparations may be recommended by dietitians to be prescribed in primary care for tube fed patients.

<b>Shot/small volume products</b>					
<b>ONLY to be prescribed on the advice of a dietitian. They are not routinely used for patients using oral supplements</b>					
<b>PRODUCT</b>	<b>CALORIES/ PROTEIN</b>	<b>DIRECTIONS</b>	<b>FLAVOURS / PACK SIZE</b>	<b>DIETARY* INFORMATION</b>	<b>DOSE / COST (March 2021)</b>
	<b>Altrashot 120mls</b>	420 kcals; 6g protein;3.5kcal/ml	1 x 120mls Take as 4 x 30ml shots or 3 x 40mls shots	Vanilla, Strawberry	Gluten free  <b>£2.12 per bottle</b>
	<b>Calogen Extra 200mls</b>	800 kcals; 10g protein;4kcal/ml		Neutral Strawberry	Gluten free  <b>£5.10 per bottle</b>
	<b>Calogen Extra Shot 40mls</b>	160 kcals 2g protein 4kcal/ml		Neutral Strawberry	Gluten free  <b>£1.00 per pot</b>
	<b>Procal Shot 120mls</b>	100 kcals 2g protein 3.3kcal/ml		Neutral Strawberry Banana	  <b>£2.67 per bottle</b>
<b>High protein product – usually used for patients with renal failure</b>					
	<b>Renapro® Shot 60mls</b>	90 kcals 20g protein 1.5kcal/ml		Wild Berry Peach	  <b>£2.32 per bottle</b>
	<b>Prosource™ Plus 30ml</b>	100 kcal 15g protein 3kcal/ml		Neutral Citrus berry Orange creme	Gluten free  <b>£1.56 per sachet</b>

## High Energy Powders

ONLY to be prescribed on the advice of a dietitian.

They are not routinely used for patients using oral supplements.

PRODUCT	CALORIES/ PROTEIN	DIRECTIONS	FLAVOURS / PACK SIZE	DIETARY* INFORMATION	DOSE / COST (March 2021)
 <b>Aymes Shake Extra</b>  <b>POWDERED MILKSHAKE</b>	588-593 Kcals  12.4-12.5g protein	Mix the contents of one sachet with <b>240mls of</b> whole milk	Banana, Strawberry Vanilla, Chocolate		£1.96 per sachet
 <b>Calshake®</b>  <b>POWDERED MILKSHAKE</b>	599-611 Kcals  12g protein	Mix the contents of one sachet with <b>240mls of</b> whole milk	Banana, Strawberry, Neutral, Vanilla Chocolate		£2.63 per sachet
 <b>Enshake®</b> <b>310mls</b> <b>POWDERED MILKSHAKE</b>	600Kcals  16g protein	Mix the contents of one sachet with <b>240mls of</b> whole milk	Banana, Strawberry Vanilla, Chocolate		£2.61 per sachet
 <b>Scandishake®</b>  <b>POWDERED MILKSHAKE</b>	587Kcals  12.1g protein	Mix the contents of one sachet with <b>240mls of</b> whole milk	Banana, Strawberry Unflavoured, Vanilla Caramel, Chocolate		£2.66 per sachet

### References:

1. NICE (2017) [Nutrition support for adults: oral nutrition support, enteral tube feeding and parenteral nutrition \[CG32\]](#).
2. PrescQIPP (2021) [Guideline for the appropriate prescribing of oral nutritional supplements \(ONS\) for adults in primary care](#)
3. Department of Health. Drug Tariff. Accessed at: <https://www.nhsbsa.nhs.uk/pharmacies-gp-practices-and-appliance-contractors/drug-tariff>
4. BAPEN (2016) [Food First/ Food Enrichment](#)
5. Care Quality Commission (CQC). Health and Social Care Act 2008 (Regulated Activities) Regulations 2014. Regulation 14: Meeting nutritional and hydration needs. Last updated May 2017. Accessed at <https://www.cqc.org.uk/guidance-providers/regulations-enforcement/regulation-14-meeting-nutritional-hydration-needs>
6. PrescQIPP (2017) [Care homes- Assisting people with swallowing difficulties](#)

IDDSI Information from company websites:

[Aymes](#)

[Ensure \( Abbott\)](#)

[Nualtra](#)

[Slodrinks](#)

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