

For GPs: Considering Prescribing Oral Nutritional Supplements (ONS)

Detecting and Managing Malnutrition

- Screen with MUST (SystmOne template/BAPEN website)
- High risk (MUST 2+) and unable to implement food first successfully? Refer to dietitian
- If ACBS criteria met AND ONS is needed urgently use the formulary below, record nutritional treatment goals, issue prescription for 1 week then review.

ONS Fast Facts

- ALL patients requiring ONS should be referred to the dietitian, preferably before prescribing
- Most benefits shown in patients with BMI < 20
- Don't use long term unless under dietetic advice
- Avoid commencing for substance misuse patients or where no benefit expected e.g. end of life care.

First Line: Food advice - give 'Poor Appetite? Losing Weight?' or 'How to Gain a Pound a Week' leaflet, set realistic goals and review - Referral to Food First clinic ?

Second Line: Powdered ONS; to be made with full cream milk

Foodlink (Nualtra)

383kcal* 18.9g protein*



61p per serving

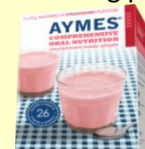
Presentation 7 x 57g sachet	Strawberry
	Chocolate Banana Natural flavour Vanilla with fibre (63g sachet; 67p per serving provides 388 kcals and 19g protein)

Suggested dose: 2 x 57g sachets daily, between meals

Weekly prescribing quantity:
14 sachets (2 boxes) per week

Aymes Shake

388kcal* 15.8g protein*



70p per serving

Presentation 7 x 57g sachet (or sample pack with one of each flavour plus shaker)	Strawberry
	Vanilla Chocolate Banana Neutral flavour

Suggested dose: 2 x 57g sachets daily, between meals

Weekly prescribing quantity:
14 sachets (2 boxes) per week

* Composition when made with 200mls full cream milk

Third Line: use if patient unable to make up powdered milkshake or cannot tolerate large volumes

Fourth Line: use if require clinically lactose free, or juice based. Contains cow's milk

Fortisip Compact 300kcal 12g protein	Altraplen Compact 300kcal 12g protein	Ensure Compact 330kcal	Fortisip Compact Vanilla Strawberry Banana Mocha Apricot Chocolate Neutral Forest Fruits	Altraplen Compact Vanilla Strawberry Banana Hazel Chocolate	Ensure Compact Vanilla Strawberry Banana Chocolate
			Suggested dose: 2 x 125ml daily, between meals		
Presentation: 4 x 125ml (or starter pack of 4, assorted flavours)			Weekly prescribing quantities: 1750ml (14 bottles) per week		
£1.45 per bottle (a bottle is 1 serving)					

Ensure Plus Juice 330kcal 11g protein	Presentation	
	220ml (or starter pack of 4, assorted flavours)	Apple Fruit punch Lemon & lime Orange Peach Strawberry
	Suggested dose: 2 x 220ml daily, between meals	
£1.97 per bottle	Weekly prescribing quantities: 3080ml (14 bottles) per week	