

## Oral nutritional supplements (ONS) - Top tips!

### Do's

- Food First advice should generally be first line for service users identified at risk of malnutrition ('How to gain a pound a week') before prescribing.
- Prescribe to service users identified at nutritional risk using 'MUST' and meet ACBS prescribing criteria.
- Issue initial 1 x starter pack to establish taste preference and avoid wastage.
- Prescribe as an acute prescription with regular review of nutritional goals (i.e. monthly).
- Set clear nutrition outcome goals (e.g. weight gain, weight maintenance) with service user prior to starting.
- Review effectiveness of prescription after 12 weeks to prevent inappropriate long term prescribing
- Issue therapeutic dose of two sachets/ two bottles daily (monthly prescribing quantities overleaf).
- Advise service users to take in between meals.
- Take caution when issuing ONS for service users with complex conditions (e.g. renal disease, liver disease & diabetes) where they may require; specialist products, dietetic input and more regular medical monitoring.
- Consider over the counter (OTC) supplements such as Build Up™, Complan™, Nurishment™ for those who request ONS but do not meet the ACBS criteria.

### Don'ts

- Don't prescribe less than the therapeutic dose of two bottles/ sachets daily, as the energy and protein content can be easily met with Food First advice.
- Don't prescribe non formulary (e.g. Fortisip Bottle, Calogen, Pro-Cal, Forticreme) unless advised by a Dietitian.
- Don't prescribe if on hospital discharge unless advised by a dietitian. Instead please 'MUST' screen service user and if at risk follow prescribing guidelines.
- Don't routinely prescribe to service users who are substance misusers or in the final stages of life.
- Don't issue more than one starter pack due to cost and avoid repeat prescriptions.
- Don't recommend as meal replacements.
- Avoid prescribing to residents in older people care homes unless advised by a Dietitian.

Product	Quantity as issued	Cost	Flavours
Aymes Shake	1 box (7 x 57g sachets) single flavour	61p per sachet	Banana, Chocolate, Strawberry, Vanilla or Neutral.
	Starter pack (5 x 57g sachets & shaker)	£4.78	Assorted flavours.
Complan Shake	1 box (4 x 57g sachets) single flavour	70p per sachet	Banana, Chocolate, Strawberry, Vanilla or Original.
	Starter pack (5 x 57g sachets & shaker)	£4.39	Assorted flavours.
Foodlink Complete	1 box (7 x 57g sachets) single flavour	61p per sachet	Banana, Chocolate, Strawberry or Natural.
	1 box (7 x 57g sachets) single flavour	67p per sachet	Vanilla with fibre.
	Starter pack (5 x 57g sachet & shaker)	£3.11	Assorted flavours.
Altraplen Compact	1 pack (4 x 125ml bottles) single flavour	£1.45 per bottle	Banana, Hazel Chocolate, Strawberry or Vanilla.
	Starter pack (4 x 125ml bottles)	£5.80	Assorted flavours.
Ensure Compact	1 pack (4 x 125ml bottles) single flavour	£1.45 per bottle	Banana, Strawberry or Vanilla.
Fortisip Compact	1 pack (4 x 125ml bottles) single flavour	£1.45 per bottle	Apricot, Banana, Chocolate, Forest Fruit, Strawberry, Vanilla, Mocha or Neutral.
	Starter pack (6 x 125ml bottles)	£8.70	Assorted flavours.
Ensure Plus Juice	1 case (30 x 220ml bottles)	£1.97 per bottle	Apple, Fruit Punch, Lemon & Lime, Orange, Peach or Strawberry.
Fortijuice	1 pack (4 x 200ml bottles) single flavour	£2.02	Apple, Blackcurrant, Forest Fruit, Lemon, Orange, Tropical or Strawberry.
	Starter pack (4 x 200ml bottles)	£8.08	Assorted flavours.

# Oral Nutritional Supplements (ONS) Prescribing Guidelines

An information sheet for General Practitioners considering prescribing ONS.

## POINTS TO REMEMBER

- Use guidelines if service user is identified at nutritional risk using 'MUST' (SystmOne template/BAPEN website). Refer to Dietitian if meets referral criteria. Only consider prescribing if meets ACBS criteria.
- Agree nutritional goal and review effectiveness of treatment monthly.
- Avoid prescribing over 12 weeks unless advised by a Dietitian.
- Only issue a therapeutic dose of two sachets/ two bottles daily.

### FIRST LINE: FOOD ADVICE

Give 'How to gain a pound a week' leaflet or email [food.first@nhs.net](mailto:food.first@nhs.net) for additional resources.

Set realistic nutritional goals with the service user and review in a month.



#### 100kcal Boosters

5x 100kcal foods: a small handful of nuts, 1 bag of crisps, a banana, 5 jelly babies or 1 shortbread biscuit.



#### Food Fortification

Choose full fat & full sugar products. Add butter, cream, cheese, sugar, honey or skimmed milk powder to foods.



#### Nourishing drinks

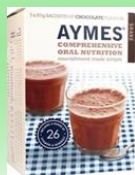
200-300kcal & 11g protein. Have 2 x nourishing drinks such as hot chocolate, simple milkshake, or fruit smoothie.

### SECOND LINE: POWDERED ONS

Use if food first advice does not meet service user's nutritional needs.

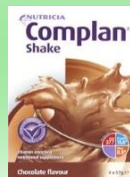
Made up with 200mls whole milk. Contain cow's milk and lactose.

Suggested dose: 2 x 57g sachets daily. Monthly prescribing quantities: 3192g (56 sachets)



#### Aymes Shake

388kcal & 15.8g protein  
61p/sachet  
Boxes of 7 x 57g  
5 flavour sample pack plus shaker £4.78



#### Complan Shake

380kcal & 15.5g protein  
70p/sachet  
Boxes of 4 x 57g  
5 flavour sample pack & shaker £4.39



#### Foodlink Complete

386 kcal & 18.3g protein  
61p/sachet or 67p/vanilla with fibre. Boxes of 7 x 57g  
5 flavour sample pack & shaker £3.11

### THIRD LINE: BOTTLED ONS (Milk based)

Use if service user cannot tolerate large volumes. Contain cow's milk protein.

Suggested dose: 2 x 125ml bottle daily. Monthly prescribing quantities: 7000ml (56 bottles)



#### Altraplen Compact

300kcal & 12g protein  
£1.45 per bottle  
4 x 125ml or starter pack of 4 assorted flavours  
4 flavours  
\*clinically lactose free



#### Fortisip Compact

300kcal & 12g protein  
£1.45 per bottle  
4 x 125ml or starter pack of 6 assorted flavours  
8 flavours



#### Ensure Compact

330kcal & 13g protein  
£1.45 per bottle  
4 x 125ml  
3 flavours

### FOURTH LINE: BOTTLED ONS (Juice based)

Use if service user requires clinically lactose free or juice based supplement. Contains cow's milk protein.

Suggested dose: 2 x 200/220ml daily. Monthly prescribing quantities: 11,200ml/ 12,320ml (56 bottles)



#### Ensure Plus Juice

300kcal & 11g protein  
£1.97 per bottle  
30 bottle case only  
6 flavours



#### Fortijuice

300kcal & 9g protein  
£2.02 per bottle  
4 x 200ml or starter pack of 4 assorted flavours  
7 flavours