

ORAL NUTRITIONAL

SUPPLEMENT (ONS) PRESCRIBING GUIDELINES

An information sheet for General Practitioners in BLMK considering prescribing ONS in adults.

Only consider prescribing ONS if service user is identified at **high risk of malnutrition using 'MUST'**.
Set **realistic nutritional goals** e.g. weight maintenance and **follow a food based approach** first line.
If service users goals are not met then **refer to a Dietitian** (preferably before prescribing ONS in Luton and Bedfordshire, or after 1 month of ONS in Milton Keynes)
If ONS is required then issue a **therapeutic dose of two sachets/ two bottles daily**.

FIRST LINE: FOOD FIRST APPROACH

Give 'How to gain a pound a week' leaflet or other [Food First resources](#) for **1 month before prescribing ONS**.

100kcal Boosters

5x 100kcal foods: small handful of nuts, 1 banana, 1 full fat yoghurt, 5 jelly babies or 1 shortbread biscuit.



Food Fortification

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



Nourishing Drinks

Mix 1 pint of whole milk with 4tbsp dried milk powder. Add milkshake powder or other flavourings to make a nourishing drink.

SECOND LINE: POWDERED ONS

Consider if food first advice does not meet weight goal (gain or maintenance) after 1 month
57g sachets - Weekly prescribing quantity: 798g Monthly prescribing quantity: 3,192g



EnergieShake is the most cost effective powdered ONS
381kcal, 16g protein
44p/serving 5 flavours

Suitable alternatives for flavour preference are:

Foodlink Complete - 383kcal, 19g protein
49p/serving, 5 flavours
Complan Shake - 380kcal, 16g protein
49p/serving, 5 flavours

2.1 If unable to tolerate large volumes consider prescribing:

Aymes Shake Compact 52p/serving OR **Foodlink Complete Compact** 52p/serving
57g sachets - Monthly prescribing quantity: 3,192g

2.2 If unable to tolerate milk / requires vegan product consider prescribing:

Aymes Actasolve Smoothie £1.06/serving 66g sachets - Monthly prescribing quantity: 3,696g

THIRD LINE: READY MADE ONS

Use if service user cannot make up a powdered supplement.
200ml bottles - Weekly prescribing quantity: 2,800ml Monthly prescribing quantity: 11,200ml



Altraplen Energy is the most cost effective ready made ONS
300kcal, 12g protein
89p/serving 4 flavours

Suitable alternatives for flavour preference are:

EnergieShake Complete 1.5kcal - 300kcal, 12g protein
£1.01/serving, 4 flavours

Altraplen Energy is packaged with Tetra Pak - which has a lower environmental impact than plastic packaging

3.1 If unable to tolerate large volumes, consider prescribing:

Altraplen Compact £1.33/serving OR **Fortisip Compact** £1.33/serving
125ml bottles - Monthly prescribing quantity: 7,000ml

3.2 If unable to tolerate milk, consider prescribing:

Altrajuce £1.70/serving (**Altrajuce is packaged with Tetra Pak - which has a lower environmental impact than plastic packaging**) OR **Aymes ActaGain Juice** £1.70/serving
200ml bottles - Monthly prescribing quantity: 11,200ml

ORAL NUTRITIONAL SUPPLEMENT (ONS)

Top tips when prescribing ONS

[Follow this link for food first resources - Food First resources](#)

General Principles

- Advise service users to take **in between meals** - do not recommend as a meal replacement
- Ensure service users with concerns regarding nutrition are **weighed at the start of treatment** and regularly thereafter to monitor treatment effect
- **Do not prescribe based on a hospital discharge summary unless advised by a Dietitian.** Instead please 'MUST' screen service user and if at risk follow prescribing guidelines.
- Consider **over the counter** supplements such as Aymes, Complan, Meriteine for those who request ONS but do not meet the ACBS criteria. These are available without prescription.

Specific Conditions

- 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.
- Do not routinely prescribe to service users who **are substance misusers** or in the **final stages of life**.
- **Avoid prescribing to older people in care homes** in Luton and Bedfordshire unless advised by a Dietitian as the Food First Project supports care homes with implementing a food first approach (this is not currently available in Milton Keynes)

Non-Formulary Products

- **Do not prescribe non formulary ONS** (e.g. Calogen, Ensure Plus Creme) unless advised by a Dietitian and with **clear justification**
- Dietitians may request high calorie '1 a day' supplements. **These should not be initiated in primary care** unless requested by a Dietitian

Powdered ONS - Available Flavours

EnergieShake - Strawberry, Chocolate, Banana, Vanilla, Neutral

Complan Shake - Strawberry, Chocolate, Banana, Vanilla, Original

Foodlink Complete - Strawberry, Chocolate, Banana, Vanilla, Neutral

Aymes Shake Compact - Strawberry, Chocolate, Banana, Vanilla, Original

Foodlink Complete Compact - Strawberry, Chocolate, Banana, Vanilla, Neutral, Ginger

Aymes Actasolve Smoothie - Mango, Peach, Pineapple, Strawberry & Cranberry

Ready Made ONS - Available Flavours

Altraplen Energy - Strawberry, Chocolate, Banana, Vanilla

EnergieShake Complete 1.5kcal - Strawberry, Chocolate, Banana, Vanilla

Altraplen Compact - Strawberry, Hazel Chocolate, Banana, Vanilla

Fortisip Compact - Strawberry, Chocolate, Banana, Vanilla, Neutral, Mocha, Apricot, Forest Fruits

Altrajuce - Apple, Orange, Strawberry, Blackcurrant

Aymes ActaGain Juice - Apple, Orange, Raspberry & Cranberry, Mango & Passionfruit

For queries regarding prescribing nutritional supplements or a food first approach please contact:

Milton Keynes - blmkicb.medsopt@nhs.net

Luton, Chiltern Vale, Leighton Buzzard & West Mid Bedfordshire -

Cambridgeshire Community Services First Team: food.first@nhs.net 0333 4053156

Bedford and Ivel Valley -

Bedford Hospital Food First Team: bhn-tr.dietitiansbedford@nhs.net 01234 792171

