

Patient Information

Taking Oral Nutritional Supplements in the Community

The aim of this diet sheet is to help you to take your prescribed Oral Nutritional Supplements (ONS) well.

ONS are prescribed by your doctor, usually on the advice of a Dietitian. The Dietitian will assess your requirements and will discuss options with you to find the plan that best suits your needs.

Types

There are various different categories of ONS that may be considered for you, although some may not be suitable for your current needs. There are various different companies who make each type and your Dietitian will help you choose which product(s) is best for you at each review. If you have diabetes, bowel problems, poor wound healing or other particular needs, there may be a specialist product that is more suitable for you, but is not listed over the page.

Prescriptions

You will need to place your prescription order with your local pharmacy, as with all your other prescribed medication, and arrange for delivery or collection. A month's worth of ONS may be very bulky to transport so please discuss your options with your pharmacist.

ONS should appear on your repeat medication list and you can reorder each month. Unless you have specified otherwise with the Dietitian, "mixed flavours" will be prescribed so you should review your flavour choices with the pharmacist when you place your order.

Serving Suggestions

Some ONS can be simply sipped slowly from the bottle with a straw or poured into a cup, others require hot or cold full fat milk to be added, and some should be taken as small "shot" doses. If too much is taken too quickly, they can cause an upset stomach. Most are more palatable served at cold or hot temperatures. Many can be added to recipes to increase variety and some ideas for this can be found over the page.

ONS	Instant whip	Jelly	Drinks	Soup	Frozen	Other uses	
Powder <ul style="list-style-type: none"> • Aymes Shake • Ensure Shake 	Add two sachets of the ONS shake to one sachet of instant whip and make up with 300ml full fat milk.	Use 150ml boiling water to melt jelly cubes, then make up two sachets with a total of 400ml full fat milk and use to replace remaining water	Add ONS powder to 100-200ml lemonade or pure fruit juice (instead of milk)	Add neutral flavour ONS to a sachet of powdered soup and make up with hot water or full fat milk	Make up ONS powder as per milkshake/smoothie recipes then pour into ice lolly moulds and freeze	Stir powder into: Porridge Rice pudding Custard Yoghurt Dry packet pasta Cake mix Milky sauces	
			Add fresh fruit and 100-200ml full fat milk/pure juice to ONS powder and blend				
			Make chocolate flavour ONS up with 100-200ml hot milk, add whipped cream, marshmallows etc.				Add neutral flavour ONS to tinned soup and add full fat milk to the preferred consistency
			Add coffee granules, malt drink or cocoa powder to vanilla or neutral flavour ONS and make up with 100-200ml hot or cold full fat milk				Make up ONS powder as per the "drinks" recipes then use an ice cream maker or freeze in a tub, whisking every half-hour until fully frozen

ONS	Instant whip	Jelly	Drinks	Soup	Frozen	Other uses
Milky (200/220ml) <ul style="list-style-type: none"> • Aymes Complete • Fresubin Energy • Ensure Plus Milkshake Style <i>or</i> Compact (125ml) <ul style="list-style-type: none"> • Altraplen Compact • Ensure Compact 	Use one 200/220ml bottle or two 125ml bottles of ONS (+ enough milk to make 300ml) to replace milk in recipe	Use 150ml boiling water to melt jelly cubes, then use two 200/220ml bottles (~400ml) of ONS to replace water <i>or</i> Use 75ml boiling water to melt jelly cubes, then use four 125ml bottles (~500ml) of ONS to replace water	Add fresh fruit to ONS and blend	Warm neutral flavour ONS and use to make up a sachet of powdered soup (you may need to make the powder into a paste with a little boiling water first)	Pour into ice lolly moulds and freeze	Use as cream on cakes / puddings
			Warm chocolate flavour ONS up (do not boil), add whipped cream, marshmallows etc.			
			Add coffee granules, malt drink or cocoa powder to vanilla or neutral flavour ONS and warm up (do not boil)	Add neutral flavour ONS to tinned soup (particularly "condensed" types) to preferred consistency		

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Juice-style <ul style="list-style-type: none"> • Fresubin Jucy • Ensure Plus Juce 		Use 150ml boiling water to melt jelly cubes, then use two bottles (~400ml) of ONS to replace water when making up jelly	Add fresh fruit (and yoghurt) to ONS and blend		Pour into ice lolly moulds and freeze	
			Use ONS as squash/ cordial with water, fizzy water or lemonade		Pour into ice cube trays, freeze, then serve in fruit flavoured drinks	
			Warm up (do not boil) blackcurrant or apple flavour ONS; add wintery spices, e.g. cinnamon, to taste		Use an ice cream maker or freeze in a tub, whisking every half-hour until fully frozen to form sorbet	
Modular <ul style="list-style-type: none"> • Pro-Cal Shot • Fresubin 5kcal Shot • Calogen 	Use one 120ml bottle of ONS (+ 180ml full fat milk) to replace milk in recipe	Use 150ml boiling water to melt jelly cubes, then use 120ml bottle of ONS plus enough full fat milk to replace water when making up jelly	Add 30-60ml neutral flavour ONS to hot drinks instead of, or with, full fat milk	Add 30-60ml neutral flavour ONS to soup (Cup-a-Soup, tinned or homemade)	Add ONS to an ice cream recipe, then use an ice cream maker or freeze in a tub, whisking every half-hour until fully frozen	Stir into: Porridge Rice pudding Custard Yoghurt Dry packet pasta Cake mix Milky sauces
				Add ONS to a thick and creamy yoghurt then pour into ice lolly moulds and freeze		

Safety

Although you should adhere to the individual recommendations on each product's packaging, here are some general tips to help avoid problems:

- Most ONS can be kept open at room temperature for four hours. Any leftovers should be thrown away at this point.
- Most ONS can be kept open in the fridge for 24 hours. This may be helpful if you find you need more than four hours to take one dose or would like a break in between.
- Recipes made with ONS, and not consumed immediately, should be kept in the fridge and used within 24 hours.
- Unopened ONS can be kept at room temperature, however, be aware that garages, conservatories, and outbuildings often experience extremes of temperature in the summer or winter.
- If you have been recommended Thickened Fluids (Stage 1, 2 or 3) by a Speech and Language Therapist, please contact the Dietitian for consideration of a pre-thickened ONS if you don't already have one. Please note, these products cannot be heated or mixed into recipes as this would affect their stability.

Our contact details:

Community Dietitians
Nutrition and Dietetics Department
Milton Keynes Hospital
Standing Way
Milton Keynes
MK6 5LD

Tel: 01908 995416
Fax: 01908 997780
Email: community.dietetics@mkuh.nhs.uk