

Quick Reference Guide to Prescribing Oral Nutritional Supplements (ONS) For Adults in Primary Care

This guide provides information on formulary ONS and circumstances in which products other than first line choices may be clinically justified.

Adults with swallowing difficulties should be referred to the speech and language therapists – these ONS may not be appropriate for these patients.

OVER THE COUNTER PRODUCTS TO SUGGEST WHEN PRESCRIBING IS NOT CLINICALLY JUSTIFIED BUT THERE IS PATIENT DEMAND

Complan[®], Complan[®] Soup, Meritene[®], Meritene[®] Strength and Vitality, Nurishment[®] Original, Nurishment[®] Extra

The 6 steps to appropriate prescribing of ONS in adults should be followed and food fortification advice offered for all patients prescribed ONS.

HOW MUCH PRODUCT SHOULD I PRESCRIBE?

To be clinically effective **prescribe ONS twice daily**. This ensures that calorie and protein intake is sufficient to achieve weight gain. To test acceptability and tolerance please use the direct to patient sample services offered as below:

<https://aymes.com/pages/aymes-sample-service> - for all formulary AYMES[®] products

<https://nualtra.com/get-samples> - for Foodlink[®] Complete and Altraplen[®] Compact samples

<https://samples.nutrition.abbott/sample-order> - for formulary Ensure[®] samples

https://www.nutriciahcp.com/uploadedFiles/Main/Sub_sites/ONS_Site/ons/samples/ONS_Sample_Order_Form.pdf

- for Fortisip[®] Compact samples

The products listed below represent the most cost effective choices to prescribe once acceptability and tolerance is established. Compact style' ONS should not be prescribed without consideration of the patient's overall fluid balance and risk of dehydration.

FIRST LINE POWDERED PRESCRIBABLE ONS

AYMES[®] Shake, Ensure[®] Shake or Foodlink[®] Complete - 1 box of 7 x 57g sachets each mixed with 200mls full fat milk.

These can also be mixed with 100ml of full fat milk if a 'compact style' ONS is required.

Aymes[®] ActaSolve[®] Smoothie when the patient is lactose intolerant or requires a milk free ONS.

SECOND LINE PRESCRIBABLE ONS

AYMES[®] Complete 200ml bottle or Ensure[®] Plus 200ml bottle when patient is lactose intolerant AND cannot make up a shake.

Ensure[®] Compact or Altraplen[®] Compact or Fortisip[®] Compact - 125ml bottle when patient is lactose intolerant AND requires small volume.

AYMES[®] ActaGain[®] 2.4kcal or Fresubin[®] 2kcal - 200ml bottle when patient is lactose intolerant AND has higher protein requirements e.g. for wound healing.

THIRD LINE JUICE STYLE ONS TO PRESCRIBE IF MILKSHAKE STYLE ONS ARE NOT SUITABLE

Altrajuce[®] 200ml tetrapak or Ensure[®] Plus Juice - 220ml bottle

N.B. Juice style ONS are not recommended for patients with diabetes. These are not milk free products – use AYMES[®] ActaSolve[®]Smoothie if milk free ONS is required.

ALL OTHER ONS SHOULD NOT ROUTINELY BE INITIATED IN PRIMARY CARE AND SHOULD ONLY BE PRESCRIBED WHEN CLINICALLY JUSTIFIED BY A REQUESTING DIETITIAN

The reason these are not formulary products could be that they are:

- low calorie ie. 1kcal/ml and not cost effective eg. Ensure[®] cans, Fresubin[®] original
- modular ONS which do not provide a balance of nutrients eg. Calogen[®], Fresubin[®] 5kcal
- specialist products eg. for patients with renal disease, metabolic disorders, dysphagia, GI disorders
- puddings and savoury/soup style as it should usually be possible for homemade products to be fortified
- less cost effective than formulary products

See full guideline for prices and nutritional comparison of formulary products.

<https://thurrockccg.nhs.uk/about-us/medicines-management-resources-2>

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