

SUPPLEMENT (ONS) PRESCRIBING GUIDELINES

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

- Only consider prescribing ONS if identified as at **high risk of malnutrition using 'MUST'** (score 2+).
- 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)
- If ONS is required then issue a **therapeutic dose of at least 600kcal per day (usually two sachets/ two bottles daily for most ONS)**

FIRST LINE: FOOD FIRST APPROACH

Give 'Food Enrichment' leaflet or other [Food First resources](#) for **1 month before prescribing ONS.**

100 Calorie Boosters

Have 5 x 100 calorie boosters such as: small handful of nuts, 1 small samosa, 1 banana, 1 full fat yoghurt, 6 dates



Nourishing Drinks

Mix 180mls whole milk, 2tbsp dried milk powder and 2tbsp double cream. Flavour with milkshake powder, chai spices, coffee etc.
~360kcal, 15g protein



Food Fortification

Choose full-fat & full sugar products.
Add butter/ghee, cream, cheese, ground almonds or skimmed milk powder to foods

SECOND LINE: POWDERED ONS

Consider if food first advice does not meet weight goal (gain or maintenance) after 1 month

2.0 Complan Shake

381kcal, 16g protein (2 per day recommended)
57g sachets 51p/serving
Monthly prescribing quantity: 3,192g

2.1 If unable to tolerate large volumes consider prescribing:

Aymes Shake Compact 320kcal, 15g protein (2 per day recommended) 57p/serving
57g sachets Monthly prescribing quantity: 3,192g

2.2 If requires vegan / non-milk based product consider prescribing:

Aymes ActaSolve Smoothie 298kcal, 11g protein (2 per day recommended) £1.08/serving
66g sachets Monthly prescribing quantity: 3,696g

THIRD LINE: READY MADE ONS

Use only if service user/carer cannot make up a powdered supplement

3.0 EnergieShake Complete 1.5Kcal is the most cost effective ready made ONS

300kcal, 12g protein (2 per day recommended)
200ml bottles 89p/serving
Monthly prescribing quantity: 11,200ml

Suitable alternative for taste preference is:

Altraplen Energy - 300kcal, 12g protein (2 per day recommended)
200ml bottles 99p/serving
Monthly prescribing quantity: 11,200ml

3.1 If unable to tolerate large volumes, consider prescribing:

Altraplen Compact Daily 600kcal, 24g protein (**1 per day recommended**) £1.60/bottle, 80p/serving
250ml bottles Monthly prescribing quantity: 7,000ml

This product contains 2 servings and is intended to be taken in small amounts throughout the day

3.2 If requires juice based product, consider prescribing:

Aymes ActaGain Juice 300kcal, 10g protein (2 per day recommended) £1.80/serving
Fortijuice 300kcal, 7.8g protein (2 per day recommended) £1.80/serving
200ml bottles Monthly prescribing quantity: 11,200ml

3.3 If requires vegan product, consider prescribing:

Fortisip Plant Based 1.5kcal 300kcal, 12g protein (2 per day recommended) £1.54/serving
200ml bottles Monthly prescribing quantity: 11,200ml

Top Tips When Prescribing ONS

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

General Principles

- ONS **prescriptions should be reviewed at least every 3-6 months** in line with NICE guidelines to ensure continued effectiveness
- 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, Complian, Meritene for those who request ONS but do not meet the ACBS criteria. These are available without prescription.
- Give **clear dosage instructions** on prescriptions of ONS and be sure to **double check the name of the ONS before issuing prescription** as several products have similar sounding names
- Always remember to **refer to local dietetic service** to ensure any ONS are appropriate
- Service users/carers **may not be able to make up powdered ONS** due to poor mobility, poor dexterity, or mental health concerns

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 in the **final stages of life.**
- ONS should only be prescribed for **substance misusers** if there is an ACBS indication
- **Avoid prescribing to older people in care homes** unless advised by a Dietitian as the Food First Project supports care homes with implementing a food first approach.

Non-Formulary Products

- **Do not prescribe non formulary ONS** (e.g. Calogen, Fortisip Compact Protein, ProSource Jelly) unless advised by a Dietitian and with **clear justification**

Powdered ONS - Available Flavours

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

Aymes Shake Compact - Strawberry, Chocolate, Banana, Vanilla, Ginger, Neutral

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

Ready Made ONS - Available Flavours

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

Altraplen Energy - Strawberry, Chocolate, Banana, Vanilla

Altraplen Compact Daily - Strawberry, Hazel Chocolate, Banana, Vanilla

Aymes ActaGain Juice - Apple, Orange, Berry Medley, Exotic Fruit, Peach

Fortijuice - Tropical, Strawberry, Apple, Orange

Fortisip PlantBased 1.5kcal - Mango Passionfruit, Mocha

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

Milton Keynes:

Milton Keynes University Hospital Food First Team: food.first@mkuh.nhs.uk 01908 995416

Luton, Chiltern Vale, Leighton Buzzard:

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

Bedford, West Mid Bedfordshire and Ivel Valley:

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

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