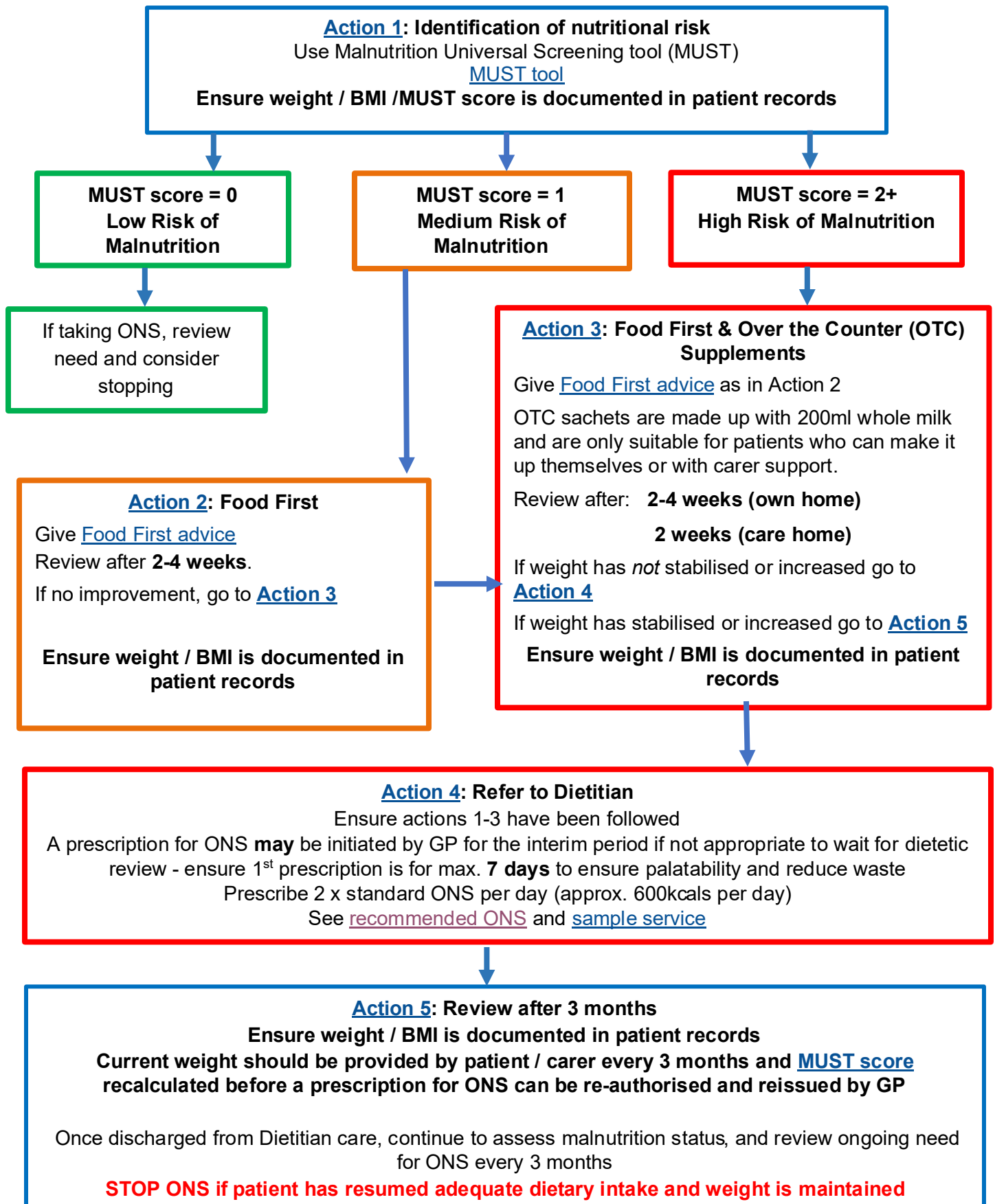


<b>Title</b>	<b>Guideline for prescribing oral nutritional supplements for adults in primary care</b>
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<b>References</b>	<a href="#">NICE (2006) CG32: Nutrition support for adults: oral nutrition support, enteral tube feeding and parenteral nutrition</a> [Accessed 16.02.24]  <a href="#">PrescQIPP Bulletin 261</a> [Accessed 16.02.24]
<b>Associated guidance</b>	<a href="#">Oral Nutritional Supplement (ONS) prescribing in end-of-life care</a> <a href="#">Substance misuse and oral nutritional supplements</a>
<b>Consulted with</b>	Community dietetic teams from ECCH, QEH and NCHC, NCHC LD dietitians, Dietetic Prescribing Steering Group (Feb 2022)
<b>Approved by</b>	Prescribing Reference Group
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<b>Next review date</b>	June 2024
<b>Location in shared drive</b>	Location on Knowledge NoW: <a href="#">Home&gt;Clinical Information&gt;Other Specialties&gt;Dietetics, Nutrition and Blood&gt;Prescribing Oral Nutritional Supplements (ONS)</a>
<b>Available online</b>	<a href="#">Guideline for prescribing ONS in adults in primary care</a>

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**For nutrition-related prescribing enquiries, please contact [nwicb.dieteticqueries@nhs.net](mailto:nwicb.dieteticqueries@nhs.net)**

## Pathway for food fortification & use of oral nutritional supplements in adults



## Notes for Actions 1-5 for the identification, treatment, and monitoring of malnutrition

### Action 1: Identification of nutritional risk

- Complete [MUST](#) screening (based on [NICE \(2006\) CG32](#) definition of malnutrition)
- Please note MUST/BMI may not be accurate tools to assess nutritional risk in some groups:
  - People with learning disabilities: Other signs of malnutrition such as consistent unplanned weight loss, limited diet/avoiding whole food groups, and dysphagia should be considered
  - Medical conditions leading to fluid overload/oedema
- Consider dietary intake and assess underlying causes of malnutrition
- Set and document realistic and measurable goals e.g. target weight, weight gain/maintenance, BMI, improved activities of daily living

### Action 2: Food First

- Encourage little and often i.e., small, frequent meals and snacks
- Aim to increase energy intake by 500kcal per day
  - 1 pint of fortified milk: 568ml/1 pint of full-cream (whole or Jersey) milk + 4 **heaped** tablespoons of dried skimmed milk powder (this provides approx. 600kcal and 40g protein)  
Use in hot drinks, cereal/ porridge, sauces, soups, and home-made milkshakes and smoothies
  - 2 x [Homemade Nourishing Drinks](#) of their choice, using fortified milk
- Provide patient with nutrition support information available from Knowledge NoW
  - [Eating well - A guide to help you gain or maintain your weight](#) or,
  - [Eating well – Ideas for plant-based alternatives \(includes recipes\)](#)
  - [Homemade Nourishing Drinks](#)
- Consider an over-the-counter (OTC) multivitamin and mineral supplement e.g. 'A-Z' type

### Action 3: Over-the-counter (OTC) ONS

Consider recommending OTC products (ensure 'Food First' information has already been provided), such as Aymes® Retail milkshakes, Complian® milkshakes, Meritene Energis® milkshakes & soups, Nurishment® milkshakes

### Action 4: Prescribe ONS only if actions 1-3 have been followed, refer to dietitians

ONS can only be prescribed when ACBS criteria are met. The principal indication is 'Disease-related malnutrition.' **ONLY** prescribe if urgent and it is not appropriate to await Dietetic review

- Refer to community dietitians (ECCH, NCHC, or QEH) or Norwich PCN Dietitian on your clinical system
- For people with learning disabilities please refer to specialist dietetic service (Norfolk only)
- Seek specialist review if person is prescribed thickeners for dysphagia - **prescribed ONS should NOT be thickened**

### Action 5: Review and discontinue ONS









- Review 3 monthly to monitor progress (weight, BMI and MUST score), review goals, and check appropriateness (for example, see [ONS prescribing in end-of-life care](#))
- Consider discontinuing ONS if: patient is non-compliant, goals of treatment are met, or if patient has a MUST score of 0
- If the patient no longer has a clinical need for ONS but wishes to continue, advise patient to buy OTC products or homemade nourishing drinks (see Action 3)





## Hospital discharge

Please do NOT continue prescription of ONS after a patient has been discharged from hospital unless they have been seen by dietetics and ONS have been specifically recommended.  
Please check hospital discharge paperwork for recommendations and follow-up plan.



## Choice of ONS

Please [order a sample pack](#) for all new ONS prescriptions, to allow the person to try the product.

First line Powdered ONS			
<p>Patients/carers will require manual dexterity to reconstitute powders; consider 2<sup>nd</sup> line ONS if this is not appropriate (see below) Suggested dose: 2 x 57g sachets daily between meals - see <a href="#">Prescribing Amounts</a></p>			
Aymes Shake (AYMES)	Complan Shake (Nutricia)	Ensure Shake (Abbott Nutrition)	Aymes Actasolve Savoury (AYMES)
Nutritional values when powder is made up with 200ml whole milk			With 200ml water
 <p>383kcal, 19g protein Presentation: 7 x 57g sachets, or 1.6kg tub (provides 28 servings) Flavours: Strawberry, chocolate, banana, vanilla, ginger, neutral</p>	 <p>380kcal, 15.5g protein Presentation: 4 x 57g sachets Flavours: Strawberry, chocolate, banana, vanilla, original</p>	 <p>386kcal, 17.2g protein Presentation: 7 x 57g sachets Flavours: Strawberry, chocolate, banana, vanilla</p>	 <p>250kcal, 9.2g protein Presentation: 7 x 57g sachets Flavours: Chicken, potato &amp; leek, vegetable</p>
Second line Ready to drink Milkshake-style ONS			
<p>Use ready-to-drink milkshake or yogurt-style ONS only if unable to make up powdered ONS. Suggested dose: 2 x bottles daily between meals - see <a href="#">Prescribing Amounts</a></p>			
Altraplen Energy (Nualtra)	Aymes Complete (AYMES)	Ensure Plus milkshake (Abbott Nutrition)	Fortisip Bottle (Nutricia)
		Use only if other second line ONS are unavailable	Use only if other second line ONS are unavailable
 <p>200ml carton 300kcal, 12g protein Flavours: Strawberry, chocolate, banana, vanilla</p>	 <p>200ml bottle 300kcal, 12g protein Flavours: Strawberry, chocolate, banana, vanilla</p>	 <p>200ml bottle 300kcal, 12.5g protein Flavours: Strawberry, chocolate, banana, vanilla, neutral</p>	 <p>200ml bottle 300kcal, 11.8g protein Flavours: Strawberry, chocolate, banana, vanilla, forest fruits, peach, coffee, raspberry, neutral</p>

Second line Compact ONS (smaller volume)			
<p>Compact ONS should only be prescribed if the patient is unable to tolerate large volumes. First choice is <b>Aymes Shake Compact</b> (powder - make up with whole milk). However, if patient is unable to tolerate large volumes AND is unable to make up powdered ONS, use Compact ready-to-drink. Suggested dose: 2 x 57g sachets or 2 x 125ml bottles daily between meals - see <a href="#">Prescribing Amounts</a></p>			
<p><b>Aymes Shake Compact (AYMES)</b> Powder made with 100ml whole milk</p>	<p><b>Altriplen Compact (Nualtra)</b></p>	<p><b>Ensure Compact (Abbott Nutrition)</b></p>	<p><b>Fortisip Compact (Nutricia)</b> <b>Use only if other RTD compact ONS are unavailable</b></p>
<p>7 x 57g sachets 320kcal, 15g protein</p>	<p>125ml bottle 300kcal, 12g protein</p>	<p>125ml bottle 300kcal, 13g protein</p>	<p>125ml bottle 300kcal, 12g protein</p>
 <p>Flavours: Strawberry, chocolate, banana, vanilla, ginger, neutral</p>	 <p>Flavours: Strawberry, banana, vanilla, and hazel-chocolate</p>	 <p>Flavours: Strawberry, banana, vanilla, café-latte</p>	 <p>Flavours: Strawberry, chocolate, banana, vanilla, mocha, neutral</p>

### Option for people who dislike milk or follow a plant-based diet

Juice-style / plant-based ONS	
<p>Juice-style ONS should usually only be prescribed if requested by a dietitian. Most juice-style ONS contains milk protein, though they may be suitable for those who do not like milkshake-style drinks. However, Aymes Actasolve Smoothie &amp; Nualtra Foodlink Smoothie are plant-based &amp; can be trialled as a first-line option. <a href="#">Order samples</a> Suggested dose: 2 x sachets daily between meals.</p>	
<p><b>Aymes Actasolve Smoothie (AYMES)</b> The protein source is soy protein</p>	<p><b>Foodlink Smoothie (Nualtra)</b> The protein source is soy protein</p>
<p>~300kcal and 10.7g protein.</p> <p>Presentation 7 x 66g sachets (make up with 150ml water) Flavours: mango, peach, pineapple, strawberry &amp; cranberry</p> 	<p>287 kcal and 10g protein</p> <p>Presentation 7 x 66g sachets (make up with 150ml water) Flavours: Orange &amp; mango, red berry, peach, tropical</p> 
<p><b>Please note:</b> Juice style powder ONS may not be suitable for severe cow's milk protein allergy as the product labels state they 'may contain milk/ milk protein'</p> <p>Juice-style ONS are less suitable than milk-based for people with diabetes, and blood glucose may need to be more carefully monitored due to possible raised blood sugar levels</p>	

### Direct to patient sample service

Please click on the links below to order a sample pack for all new ONS prescriptions, to allow the person to try the product

#### [AYMES samples](#)

Powders include a free reusable shaker  
Aymes Shake,  
Aymes Complete  
Aymes Shake Compact  
Aymes Actasolve Smoothie

#### [Nualtra samples](#)

Altraplen Energy  
Altraplen Compact  
Foodlink Smoothie

#### [Abbott Nutrition samples](#)

Ensure Shake (with shaker)  
Ensure Plus milkshake  
Ensure Compact

#### [Nutricia samples](#)

Fortisip Bottle  
Fortisip Compact

### Non-Formulary ONS

The following are not recommended as they are lower in energy (1kcal/ml) than standard ONS and should be replaced, if necessary, with a [first-line powder](#) or [second-line ready-to-drink ONS](#)

- **Ensure 250ml can** (Abbott Nutrition)
- **Fresubin Original Drink 200ml bottle** (Fresenius Kabi)
- **Meritene Energis Shakes and Soups** (Nestle Health Sciences) - should be purchased OTC

### Appropriate prescribing amounts of oral nutritional supplements

Type of ONS	Number of ONS per day	Amount to prescribe per 7-day week	Amount to prescribe per 28-day month
<b>Powder ONS</b> Aymes Shake, Ensure Shake, Aymes Actasolve Savoury, Aymes Shake Compact (7 x 57g boxes) Complan Shake (4 x 57g boxes)	1	399g	1596g
	2	798g	3192g
	3	1197g	4788g
<b>Second line ready-to-drink ONS 200ml</b> Altraplen Energy, Aymes Complete, Ensure Plus milkshake, Fortisip Bottle	1	1400ml	5600ml
	2	2800ml	11200ml
	3	4200ml	16800ml
<b>Second line compact ready-to-drink ONS 125ml</b> Altraplen Compact, Ensure Compact, Fortisip Compact	1	875ml	3500ml
	2	1750ml	7000ml
	3	2625ml	10500ml