

Luton and Bedfordshire Oral Nutritional Supplements (ONS) Prescribing Guidelines

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

- Only prescribe or continue prescribing nutritional supplements if service user is **identified at high risk of malnutrition using 'MUST'** (SystmOne template/BAPEN website).
- If service user requires ONS then refer to a Dietitian, preferably before prescribing ONS.
- If ONS is required then issue a therapeutic dose of **two sachets/ two bottles daily**.

FIRST LINE: FOOD ADVICE

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



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.

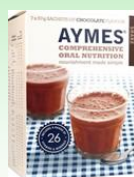
SECOND LINE: POWDERED ONS

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

Made with 200mls whole milk. **Make as 'compact'** with 100ml milk if unable to tolerate large volumes

Weekly prescribing quantity: 798g (2 boxes)

Monthly prescribing quantity: 3,192g (8 boxes)



Aymes Shake

388kcal & 15.8g protein
Boxes of 7 x 57g
5 flavours – Mixed sample pack & shaker available



Foodlink Complete

386 kcal & 18.3g protein
Boxes of 7 x 57g
5 flavours – Mixed sample pack & shaker available



EnergieShake

381 kcal & 15.8g protein
Boxes of 4 x 57g
5 flavours - Mixed flavour pack available

THIRD LINE: BOTTLED ONS (Milk based)

Use if service user cannot make up a powdered supplement.

Weekly prescribing quantity: 2,800ml (14 bottles)

Monthly prescribing quantity: 11,200ml (56 bottles)



Aymes Complete

300kcal & 12g protein
4 flavours
Mixed flavour starter pack available



Fortisip Bottle

300kcal & 12g protein
8 flavours
*clinically lactose free



Ensure Plus

300kcal & 12.5g protein
9 flavours
*clinically lactose free

If unable to tolerate large volumes then consider compact supplement:

Weekly prescribing quantity: 1,570ml (14 bottles)

Monthly prescribing quantity: 7,000ml (56 bottles)

Altraplen Compact

300kcal & 12g protein
4 flavours
*clinically lactose free

Fortisip Compact

300kcal & 12g protein
8 flavours

Ensure Compact

330kcal & 13g protein
4 flavours

FOURTH LINE: JUICE BASED ONS

Use if service user requires juice based supplement.

Weekly prescribing quantity: 924g (2 boxes)

Monthly prescribing quantity: 3,696g (8 boxes)



Aymes Shake Smoothie / Aymes ActaSolve Smoothie

297kcal & 10.7g protein
Boxes of 7 x 66g
4 flavours - Mixed sample pack plus shaker available

If unable to make up powdered supplements then consider bottled supplements:

Fortijuice

300kcal & 7.8g protein
7 flavours

Ensure Plus Juice

330kcal & 10.6g protein
6 flavours

Weekly prescribing quantity 2,800ml

Weekly prescribing quantity 3,080ml

Oral Nutritional Supplements (ONS)

Top tips when prescribing ONS.

POINTS TO REMEMBER

- Advise service users to take in between meals – DO NOT recommend as meal replacements.
- Agree realistic nutritional goal with service user and review effectiveness of treatment monthly.
- Don't prescribe if on hospital discharge unless advised by a dietitian. Instead please 'MUST' screen service user and if at risk follow prescribing guidelines.
- 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.
- Consider over the counter (OTC) supplements such as Build Up™, Complian™, Meritiene™ for those who request ONS but do not meet the ACBS criteria.
- Don't prescribe non formulary (e.g. Calogen, Pro-Cal, Forticreme) unless advised by a Dietitian.
- Don't routinely prescribe to service users who are substance misusers or in the final stages of life.
- Avoid prescribing to residents in older people care homes unless advised by a Dietitian.

Product	Cost	Flavours
Aymes Shake	49p/sachet	Banana Strawberry, Vanilla, Chocolate, Neutral
	96p/sachet	Starter Pack – first prescription only to determine flavour preference
Foodlink Complete	60p/sachet	Banana Strawberry, Vanilla, Chocolate, Neutral
	64p/sachet	Starter Pack – first prescription only to determine flavour preference
EnergieShake	54p/sachet	Banana Strawberry, Vanilla, Chocolate, Neutral, Mix Pack
	58p/sachet	Starter Pack – first prescription only to determine flavour preference
Aymes Complete	£1.05/bottle	Banana, Strawberry, Vanilla, Chocolate
	£1.40/bottle	Starter Pack – first prescription only to determine flavour preference
Fortisip Bottle	£1.12/bottle	Vanilla, Strawberry, Chocolate, Banana, Neutral, Caramel, Tropical, Orange
Ensure Plus	£1.11/bottle	Vanilla, Strawberry, Chocolate, Banana, Neutral, Coffee, Fruits of the Forest, Peach, Raspberry
Altraplen Compact	£1.33/bottle	Hazel Chocolate, Vanilla, Strawberry, Banana
	£1.45/sachet	Starter Pack – first prescription only to determine flavour preference
Fortisip Compact	£1.33/bottle	Apricot, Banana, Chocolate, Forest Fruit, Mocha, Neutral, Strawberry, Vanilla
		Starter pack of mixed flavours available at no extra cost
Ensure Compact	£1.33/bottle	Banana, Strawberry, Vanilla, Café Latte
Aymes Shake Smoothie / Aymes ActaSolve Smoothie	£1/sachet	Mango, Peach, Pineapple & Strawberry, Cranberry
	£1.29/sachet	Starter Pack – first prescription only to determine flavour preference
Fortijuice	£2.02/bottle	Apple, Blackcurrant, Forest Fruit, Lemon, Orange, Strawberry, Tropical
		Starter pack of mixed flavours available at no extra cost
Ensure Plus Juice	£1.97/bottle	Lemon & Lime, Fruit Punch, Apple, Orange, Peach, Strawberry

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

GP Surgeries in Luton, Chiltern Vale, Leighton
Buzzard & West Mid Bedfordshire –

GP Surgeries in Bedford & Ivel Valley –

Bedfordshire Community Health Services Food
First Team

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