

# Guide to prescribing Oral Nutritional Supplements (ONS)

**Patient identified/ ONS request form received**

ACBS criteria met  
E.g. Evidence of malnutrition/ malnutrition risk  
Up-to-date MUST score

ACBS criteria: Short bowel syndrome, intractable malabsorption, Pre-operative preparation of patients who are malnourished, Proven Inflammatory Bowel Disease, following a gastrectomy, dysphagia, Disease related malnutrition, Continuous ambulatory peritoneal dialysis (CAPD) or Haemodialysis

**Calculate and document MUST score. [MUST Calculator](#)**  
Then take appropriate action(s)

Food first approach tried for at least 1 month  
OR if food first approach not feasible

1. Advise patient on high energy/ protein diet
2. Provide with written information (see food first patient leaflets) from: [NHCCG website](#) or [WHCCG GP Portal](#)
3. Ensure follow up appointment booked

ONS for any Health Professional to prescribe/request

**1<sup>st</sup> Line:**  
Powder to be made up with whole milk  
(Recommended dose BD)

**Readymade Drink ONS**

**Key:**  
GF- Gluten Free  
LF- Lactose Free

**AYMES Shake**  
(made up: 388kcal, 15.6g protein)  
Banana, Chocolate, Strawberry, Vanilla, \*Neutral  
61p/57g sachets  
\*GF  
Direct-to-patient free samples form [here](#)

**STANDARD milkshake style supplement (recommended dose BD)**

**COMPACT 125ml milkshake style supplement (recommended dose BD)**

**JUICE style supplement if milk based alternative not tolerated (recommended dose BD)**

\*Neutral flavour as alternative for non-sweet use to be added to food.



**AYMES Complete**  
(300kcal, 12g protein)  
Banana, Chocolate, Strawberry, Vanilla  
£1.12/200ml bottle  
\*GF  
Direct-to-patient free samples form [here](#)



**Altraplen Compact**  
(300kcal, 12g protein)  
Banana, Harvest Chocolate, Strawberry, Vanilla  
£1.45/125ml bottle  
\*LF & GF  
Direct-to-patient free samples form [here](#)



**Fresubin Jucy**  
(300kcal, 8g protein, fat-free)  
Apple, Blackcurrant, Cherry, Orange, Pineapple  
£1.99/200ml bottle  
\*LF & GF - No Fat  
Direct-to-patient free samples form [here](#)

The ONS list is correct at the time of printing. Price as per MIMS January 2017. New products and flavours may become available between updates  
Produced by Hampshire Hospitals NHS Foundation Trust prescribing support dietitians in collaboration with North Hampshire and West Hampshire CCGs

# Oral Nutritional Supplements (ONS) Formulary

## January 2017-July 2017

**ONS recommended for any Health Professional to prescribe as 1<sup>st</sup> Line**

Company name	Product	Pack size (g)	Energy (kcal) per unit	Protein (g) per unit	Price per unit	Flavours
<b>Powder to be made up with 100 or 200mls WHOLE milk (recommended dose: 2 sachets per day)</b>						
<b>AYMES</b>	<b>AYMES Shake</b> +200mls whole milk	57g	388	15.6	£0.61	Banana, Chocolate, Neutral, Strawberry, Vanilla
	<b>AYMES Shake</b> +100mls whole milk	57g	320	12.2	£0.61	Banana, Chocolate, Neutral, Strawberry, Vanilla

### If patient unable to make own supplements / ready-made ONS needed

Company name	Product	Pack size (ml)	Energy (kcal) per unit	Protein (g) per unit	Price per unit	Flavours
<b>Readymade Standard milkshake style supplement (recommended dose: 2 bottles per day)</b>						
<b>AYMES</b>	AYMES Complete	200	300	12	£1.12	Banana, Chocolate, Strawberry, Vanilla
<b>Readymade COMPACT milkshake style supplement (recommended dose: 2 bottles per day)</b>						
<b>Nualtra</b>	Altraplen Compact	125	300	12	£1.45	Banana, Hazel chocolate, Strawberry, Vanilla
<b>Readymade Juice Style Supplements if milk based alternative not tolerated - *Contains no Fat* (recommended dose: 2 bottles per day)</b>						
<b>Fresenius Kabi</b>	Fresubin Jucy	200	300	8	£1.99	Apple, Blackcurrant, Cherry, Orange, Pineapple

The ONS listed above should be safe and suitable for most patients, but please check the BNF for people following restricted diet (e.g. gluten free, lactose intolerance, vegan, kosher, electrolytes restriction etc.)

- If you are prescribing the item, please ensure that you have documented in the patient's note ACBS criteria (e.g. MUST score if malnourished) and Food First advice given
- If you are requesting the ONS for the GP to prescribe, please ensure that you have completed the ONS request form

**Should you need further advice/training regarding ONS prescriptions, please contact your local dietetic department or medicine management team.**

## Additional ONS for any Health Professionals to prescribe/request (Alternative products if 1<sup>st</sup> line disliked/preferred flavour not available)

Company name	Product	Pack size (g/ml)	Kcal per unit	Prot. per unit (g)	Price per unit (£)	Flavours
<b>Powder to make up with whole milk (recommended dose BD)</b>						
<b>Abbott Nutrition</b>	Ensure Shake	57	389	17	0.78	Vanilla, Strawberry, Banana, Chocolate
<b>Fresenius Kabi</b>	Fresubin Powder Extra	62	397	17.7	0.76	Chocolate, Neutral, Strawberry, Vanilla
<b>Nualtra</b>	Foodlink Complete	57	≈380 with milk	≈19 with milk	0.61	Banana, Chocolate, Natural, Strawberry
<b>Nutricia</b>	Complan Shake	57	387	15.6	0.70	Banana, Chocolate, Original, Strawberry, Vanilla
<b>Standard milkshake style supplement (recommended dose BD)</b>						
<b>Abbott Nutrition</b>	Ensure Plus, milkshake style	220	330	13.8	1.40	Banana, Chocolate, Coffee, Fruits of the Forest, Neutral, Orange, Peach, Raspberry, Strawberry, Vanilla
	Ensure Plus Fibre	200	310	12.5	2.02	Banana, Chocolate, Raspberry, Strawberry, Vanilla
	Ensure Plus Yoghurt Style	220	300	13.8	1.40	Orchard Peach, Strawberry Swirl
<b>BBraun Medical</b>	Nutricomp drink plus	200	300	12	1.12	Banana, Chocolate, Strawberry, Vanilla
<b>Fresenius Kabi</b>	Fresubin energy	200	300	11.2	1.40	Banana, Blackcurrant, Cappuccino, Chocolate, Lemon, Neutral, Strawberry, Tropical fruit, Vanilla
	Fresubin energy Fibre	200	300	11.2	2.09	Banana, Caramel, Cherry, Chocolate, Strawberry, Vanilla
<b>Nestlé Health Science</b>	Resource Energy	200	300	11.2	1.92	Apricot, Banana, Chocolate, Coffee, Strawberry-Raspberry, Vanilla
<b>Nutricia</b>	Fortisip bottle	200	300	12	1.40	Banana, Chocolate, Neutral, Orange, Strawberry, Caramel/Toffee, Tropical Fruits, Vanilla
	Fortisip Yoghurt Style	200	300	12	2.06	Peach & Orange, Raspberry, Vanilla, Lemon
<b>COMPACT milkshake style supplement (recommended dose BD)</b>						
<b>Abbott Nutrition</b>	Ensure compact	125	300	13	1.45	Banana, Strawberry, Vanilla
<b>Nutricia</b>	Fortisip Compact	125	300	12	1.45	Apricot, Chocolate, Banana, Forest fruit, Mocha, Neutral, Strawberry, Vanilla
	Fortisip Compact Fibre	125	300	12	2.09	Mocha, Strawberry, Vanilla
<b>Juice style supplement (recommended dose BD)</b>						
<b>Abbott Nutrition</b>	Ensure Plus Juce	220	330	10.6	1.97	Apple, Fruit Punch, Lemon&Lime, Orange, Peach, Strawberry
<b>Nutricia</b>	Fortijuice	200	300	8	2.02	Apple, Blackcurrant, Forest Fruit, Lemon & Lime, Orange, Strawberry, Tropical

# Non-preferred list

**NOT routinely recommended unless clear rationale given**

**Less than 1.5kcal per ml and/or easily matched by food alternatives**

Company name	Product	Size (g)	Kcal per unit	Prot. per unit (g)	Price per unit (£)	Flavours
<b>Abbott Nutrition</b>	Ensure Plus Crème	125	175	7.1	1.88	Banana, Chocolate, Neutral, Vanilla
	Ensure	250	250	10	2.26	Chocolate, Coffee, Vanilla
<b>Fresenius Kabi</b>	Fresubin Original	200	200	7.6	2.18	Blackcurrant, Chocolate, Nut, Peach, Vanilla
	Fresubin Yocrème	125	188	9.4	2.04	Lemon, Biscuit, Apricot-Peach, Raspberry
	Fresubin 2Kcal crème	125	250	12.5	1.96	Cappuccino, Chocolate, Praline, Vanilla, Wild Strawberry
<b>Nestlé Health Science</b>	Resource Fruit	200	250	8	1.84	Apple, Orange, Pear-Cherry, Raspberry-Blackcurrant
	Resource Dessert Energy	125	200	6	1.63	Caramel, Chocolate, Vanilla
<b>Nualtra</b>	Nutricrem	125	225	12.5	1.40	Chocolate-orange, Strawberry, Vanilla
<b>Nutricia</b>	Forticrème Complete	125	200	11.9	1.96	Banana, Chocolate, Forest Fruits, Vanilla
	Nutlis Fruit Stage 3	150	205	10.5	2.36	Apple, Strawberry

**Savoury supplements - Likely to be replacing food, not supplement intake**

Company name	Product	Size (g)	Kcal per unit	Prot. per unit (g)	Price per unit (£)	Flavours
<b>Abbott Nutrition</b>	Ensure Plus Savoury	250	300	12.5	1.40	Chicken
<b>AYMES</b>	AYMES Shake Chicken	57	251	0	0.70	Chicken
<b>Vitaflo</b>	Vitasavoury	50	310	6	1.93	Chicken, Golden vegetable, Leek&Potato, Mushroom

**Modular Supplements – for specialist use/under dietetic recommendation only**

Company name	Product	Size	Kcal per unit	Prot. per unit (g)	Price per unit (£)	Flavours
<b>Fresenius Kabi</b>	5Kcal shots	120ml	600	0	2.85	Neutral, Lemon
<b>Nutricia</b>	Calogen	200ml	900	0	4.44	Strawberry, Unflavoured
		500ml	2250	0	10.92	Banana, Strawberry, Unflavoured
	Calogen Extra	40ml	160	2	0.96	Strawberry, Unflavoured
		200ml	800	10	4.98	
	Maxijul Super Soluble	132g	501	0	1.64	No flavour
		200g	760	0	2.64	
	Polycal liquid	200ml	494	0	1.75	No flavour, orange
	Polycal powder	400g	1536	0	4.36	No flavour
<b>Vitaflo</b>	Pro-Cal powder	15g	100	2	0.64	No flavour
	Pro-Cal shot	120ml	400	8	2.45	Banana, Neutral, Strawberry
	Vitajoule powder	500g	1900	0	4.46	No flavour

## May be requested by Dietitians/Specialists for prescription

Company name	Product	Size (g/ml)	Kcal per unit	Prot. per unit (g)	Price per unit (£)	Flavours
<b>Abbott Nutrition</b>	Ensure twocal	200	400	16.8	2.22	Banana, Neutral, Strawberry, Vanilla
	Enshake	96	≈600 with milk	≈16 with milk	2.16	Banana, Chocolate, Strawberry, Vanilla
	Ensure Plus Advance	220	330	20	2.02	Banana, Chocolate, Coffee, Strawberry, Vanilla
<b>Fresenius Kabi</b>	Fresubin 2 Kcal Drink	200	400	20	2.02	Apricot-Peach, Cappuccino, Fruits of the Forest, Vanilla, Neutral, Toffee
	Fresubin 2 Kcal Fibre Drink	200	400	20	2.02	Cappuccino, Chocolate, Lemon, Vanilla, Apricot-Peach, Neutral
	Fresubin 2 Kcal Mini Drink	125	250	12.5	1.25	Apricot-Peach, Fruits of the Forest, Vanilla
	Fresubin 2 Kcal Mini Fibre Drink	125	250	12.5	1.25	Chocolate, Vanilla
	Calshake powder	87	≈600 with milk	≈11.8 with milk	2.43	Banana, Chocolate, Neutral, Strawberry, Vanilla
	Fresubin Protein Energy Drink	200	300	20	2.08	Cappuccino, Chocolate, Tropical fruit, Vanilla, Wild strawberry
	Fresubin Thickened stage 1	200	300	20	2.38	Vanilla, Wild strawberry
	Fresubin Thickened stage 2	200	300	20	2.38	Vanilla, Wild strawberry
<b>Nestlé Health Science</b>	Resource 2.0 Fibre	200	400	18	1.88	Apricot, Coffee, Neutral, Strawberry, Summer Fruits, Vanilla
<b>Nualtra</b>	Foodlink Complete with fibre	63	≈ 388 with milk	≈19 with milk	0.67	Vanilla
	Altraplen Protein	200	300	20	1.45	Strawberry, Vanilla
<b>Nutricia</b>	Fortisip Extra	200	320	20	2.22	Strawberry, Vanilla
	Fortisip 2Kcal	200	400	20	2.14	Strawberry, Vanilla
	Fortisip Compact Protein	125	300	18	2.00	Vanilla, Banana, Mocha, Peach and Mango, Strawberry
	Scandishake	85	≈580 with milk	≈13 with milk	2.50	Banana, Caramel, Chocolate, Strawberry, Unflavoured, Vanilla
	Nutlis Complete stage 1	125	300	12	2.21	Chocolate, Strawberry, Vanilla
	Nutlis Complete stage 2	125	300	12	2.21	Strawberry, Chocolate, Vanilla

**Specialised products (list not exhaustive):**  
**Patients should be under the care of a Dietitian or Specialist**

Company	Cancer/ cachexia	Renal	GI/ Mal- absorption	Dysphagia	Others	Tube feeding range
<b>Abbott / VitaFlo</b>	ProSure	Nepro HP	Vital 1.5	Multi-thick		Osmolite Jevity Ensure TwoCal Vital Perative Nepro Pulmocare OxyPa
<b>Alembicol Product Ltd</b>					Alembicol D	
<b>Fresenius Kabi</b>	Supportan		Survimed	Thick&Easy  Thick&Easy Clear  Fresubin thickened Stage 1 & Stage 2		Fresubin range Reconvan Survime
<b>Gastropharm</b>			Vivomixx			
<b>Nutricia / SHS</b>	Forticare	Renilon 7.5  Dialamine	Alicalm  Duocal super soluble  Liquigen  Elemental 028 Extra  Elemental 028 Extra liquid  Emsogen	Nutilis  Nutilis clear  Nutilis Complete stage 1  Nutilis Complete Stage 2  Nutilis Fruit stage 3	Duocal  Duocal Liquid  Generaid  Keto- range  MCT oil  Protifar  Respifor	Nutrison range
<b>Nestlé</b>			Peptamen  Modulen IBD	Resource ThickenUp  Resource ThickenUp Clear  Resource Thickened Drinks	Oral Impact	Novasource
<b>Nutrinovo</b>					Prosource  Prosource Jelly  Prosource Plus	
<b>Stannigley Pharma</b>		Renamil Renapro				
<b>VitaFlo Ltd</b>			Glucodrate  MCT Procal	Vitaquick	Betaquick Carbzero Keyo	

## Oral Nutritional Supplements (ONS or Sip feeds)

# ONS Request Form – to be completed for any prescription request

*All shaded fields must be filled in. If information not available, explain why (e.g. unable to weigh)*

<b>Patient's GP:</b>	<b>Phone:</b>	<b>Fax:</b>
----------------------	---------------	-------------

<b>From:</b>	<b>(Nursing Home/ Community Nurse)</b>	<b>Phone No.</b>	
<b>For:</b>	<b>Patient's name NHS number</b>	<b>Patient DOB</b>	/ /
<b>Ordered by: (Please print)</b>		<b>Date of Order</b>	/ /

## ASSESSMENT

Resident need to meet the following <b>3 criteria</b> before they can be prescribed ONS (unless discussion between carer and GP have agreed otherwise)			
<b>1</b>	<b>Resident meets ACBS criteria:</b> <i>a. Short bowel syndrome</i> <i>b. Intractable malabsorption</i> <i>c. Pre-operative preparation of patients who are <u>malnourished</u></i> <i>d. Proven inflammatory Bowel Disease</i> <i>e. Following a gastrectomy</i> <i>f. Dysphagia</i> <i>g. <u>Disease related malnutrition</u></i> <i>h. Cont. ambul. peritoneal dialysis (CAPD) or Haemodialysis</i>	<b>Please specify ACBS criteria below</b> <b>e.g. Malnutrition as defined by MUST</b>	
<b>2</b>	<b>Malnutrition Universal Screening Tool (MUST)</b> <b>score calculated</b> <i>Malnutrition defined as one of the following:</i> <ul style="list-style-type: none"> <li>● BMI &lt; 18.5kg/m<sup>2</sup></li> <li>● &gt; 10% Unintentional weight loss (last 3-6months)</li> <li>● BMI &lt; 20 AND &gt; 5% unintentional weight loss (last 3-6 months)</li> </ul>	<b>Please specify MUST score</b>	
		<b>Height</b>	
		<b>Most recent weight / Date</b>	/ /
		<b>Most recent BMI</b>	
	Highest weight 3-6 months		
<b>3</b>	<b>What actions have been taken:</b> <input type="checkbox"/> <b>Food fortification / toppers</b> <input type="checkbox"/> <b>Extra nourishing snacks</b> <input type="checkbox"/> <b>Extra nourishing drinks</b>  <input type="checkbox"/> <b>Food First not appropriate</b>	<b>Details:</b>	

## PRESCRIPTION REQUEST

<b>ONS REQUESTED (tick required product):</b>	<input type="checkbox"/> <b>Aymes Shake (1<sup>st</sup> line)</b> <input type="checkbox"/> Standard (+ 200mls of whole milk) <b>or</b> <input type="checkbox"/> Compact (+ 100mls of whole milk) <input type="checkbox"/> <b>Fresubin Jucy</b> (if milky drink not tolerated)	<b>NEW?</b>	<b>Yes - No</b>  <i>If Yes, has free samples been tried</i>  <b>Yes - No</b>
<b>GOALS:</b> (E.g. weight maintenance / gain, wound healing etc.)			
<b>Continue food first plan, offer ONS between meals, review ONS efficacy monthly</b>			