
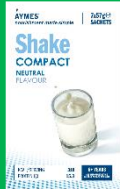








Preferred Oral Nutritional Supplements (ONS) for Adults

- ✓ Products listed below in **green** can be initiated in primary care after '**MUST**' screening & appropriate first line '**Food First**' treatment in line with '**Six Steps to Prescribing ONS**'.
- ✓ Please see prescribing 'Dos and Don'ts' overleaf for further recommendations.

	First Line - Powdered		Second Line- Ready to drink milkshake			Second Line – Non-milk		
	Suitable if patient able to prepare milkshakes from powder (or has support to do this). If a lower volume is required, prescribe compact version.		Twice daily Only prescribe if individual cannot prepare milkshake from powder.	Once daily, compact Only prescribe if individual cannot prepare milkshake from powder so requires ready to drink and/or low volume.		Only prescribe if individual dislikes milk or requires lactose free supplement.		
Product name	AYMES Shake	AYMES Shake Compact	Altraplen Energy	Altraplen compact Daily	AYMES ActaGain 600	Altrajuce	Fortisip PlantBased 1.5kcal	AYMES ActaSolve Smoothie
								
Additional info			LF	LF	LF	LF	LF, Vegan	LF, Vegan
Calories/ serve	388	316	300	600	600	300	300	297
Protein/ serve	19	15	12	24	24	7.8	12	10.7
Flavours	Ba, Ch, G, Ne, S, V	Ba, Ch, Ne, S, V	Ba, Ch, S, V	Ba, HC, S, V	Ba, S, V	A, BI, O, S	MP, Mo	Ma, Pe, Pi, SC
Presentation	57g sachet	57g sachet	200ml bottle	250ml bottle	250ml bottle	200ml bottle	200ml bottle	66g sachet
Recommended dose (Monthly volume)	2 x 57g sachet – each sachet to be mixed with 200ml whole milk (56 sachets)	2 x 57g sachet – each sachet to be mixed with 100ml whole milk (56 sachets)	2 x 200ml bottle (11200ml)	250ml bottle (7000ml)	250ml bottle (7000ml)	2 x 200ml bottle (11200ml)	2 x 200ml bottle (11200ml)	2 x 66g sachet – each sachet to be mixed with 150ml water (56 sachets)
Ambient IDDSI level	0	1	1	2	2	0	Not available	2

ONS Prescribing 'Dos and Don'ts'

DOs	DON'Ts
<ul style="list-style-type: none"> ✓ Prescribe a minimum of 600kcal/day initially (usually 2 servings, prescribe between meals). ✓ Prescribe ONS as acute NOT repeat prescriptions. ✓ Review ONS prescriptions every 3 months as a minimum. If patients fail to engage or do not attend two consecutive ONS reviews the ONS prescription should be stopped and the patient informed. ✓ Initially prescribe an ONS starter pack or one week's supply in a variety of flavours to help people identify their preferred flavours. ✓ Promote a 'Food First' approach by providing the local resources from the Surrey PAD. ✓ The Malnutrition Universal Screening Tool (MUST) should be used to identify those who are malnourished or at nutritional risk before initiating ONS prescription (<i>online MUST calculator available here</i>). ✓ Assess underlying causes of malnutrition and consider treatment options. 	<ul style="list-style-type: none"> ✗ Powdered ONS should not be prescribed for renal patients with electrolyte imbalances (usually CKD 4/5). Contact a dietitian for more advice. ✗ Powdered ONS should not be prescribed for patients with cow's milk intolerance or galactosemia, or as a sole source of nutrition. ✗ ONS should not automatically be continued when patients are discharged from hospital on ONS, unless correspondence is received from a dietitian. ✗ Do not prescribe ONS on a PRN basis. ✗ Patients who are substance misusers should not routinely be prescribed ONS, unless they meet ACBS criteria. ✗ 'As directed' should not be used on prescription directions: provide clear directions for use, e.g., 'twice daily, 1 hour after meals'.

For initiation ONLY on the advice of a Dietitian

Only prescribe the products below following nutritional assessment and recommendation by a registered dietitian in line with ACBS indications. Other supplements may be requested, based on a dietitian's professional judgement, to meet the requirements of individual patients. This must be clearly justified in a prescription request.

Ready to eat Pudding style ONS							
Product name	Serving size	Kcal/serving	Protein/Serving (g)	Flavours	Additional information	Monthly volume for bd dose	Ambient IDDSI Level (20°C)
Nutricrem ^{LF}	125g	225	12.5	CO, MC, S, V,	IDDSI level 4 at room temperature. Only prescribe in dysphagia	7000g	
Milkshake style ONS with fibre							
AYMES Shake Fibre	57g	375	19	Ba, Ch, Ne, S, V	Requires mixing from powder with 200ml milk, starter pack available	56 sachets	
Fresubin 2kcal Fibre ^{LF}	200ml	400	20	AP, Cap, Ch, L, Ne, V	Avoid prescribing Fresubin 2kcal Fibre Mini Drink (125ml)	11200ml	
2kcal per ml ONS							
Fresubin 2kcal ^{LF}	200ml	400	20	AP, Cap, FF, Ne, T, V	Avoid prescribing Fresubin 2kcal Mini Drink (125ml)	11200ml	
High protein ONS							
AYMES ActaSolve Protein Compact #	57g	313*	20.5	Ba, Ch, Ne, S, V	Requires mixing from powder with 100ml milk, starter pack available	56 sachets	 
Fresubin PRO COMPACT	125ml	300	18	AP, Cap, V	Starter pack available	7000ml	
High calorie powder							
AYMES ActaSolve High Energy	85g	589	12.5	Ba, Ch, S, V,	Requires mixing from powder with 240ml milk	56 sachets	
Foodlink Extra	85g	601	13	Ba, Ch, S, V,	Requires mixing from powder with 240ml milk	56 sachets	
Drinking yoghurt style							
Fresubin YoDrink ^{LF}	200ml	300	15	AP, L, R		11200ml	
High calorie supplement used as "shots"							
Fresubin 3.2kcal drink ^{LF}	125ml	400	20	H, Ma, V-C	Recommended dose = 3 x 40ml shots per day	3500ml	

All products Gluten Free. Products marked ^{LF} are clinically lactose free/have no lactose in their recipe. For more allergen information and suitability for dietary requirements consult product manufacturers. Products are listed alphabetically in categories.

AYMES ActaSolve Protein Compact – Neutral and Strawberry flavours IDDSI level 2 at ambient temperatures, Banana, Chocolate and Vanilla flavours IDDSI level 3 at ambient temperature.

Flavour Key: AP = Apricot-peach, Ba = Banana, Be = Berries, Cap = Cappuccino, Ch = Chocolate, CO = Chocolate-orange, FF = Forest Fruits, H = Hazelnut, L = Lemon, M = Mocha, Ma = Mango, MC = Mint Chocolate, Ne = Neutral, PM = Peach-mango, R = Raspberry, S = Strawberry, T = Toffee, V = Vanilla, V-C = Vanilla-Caramel