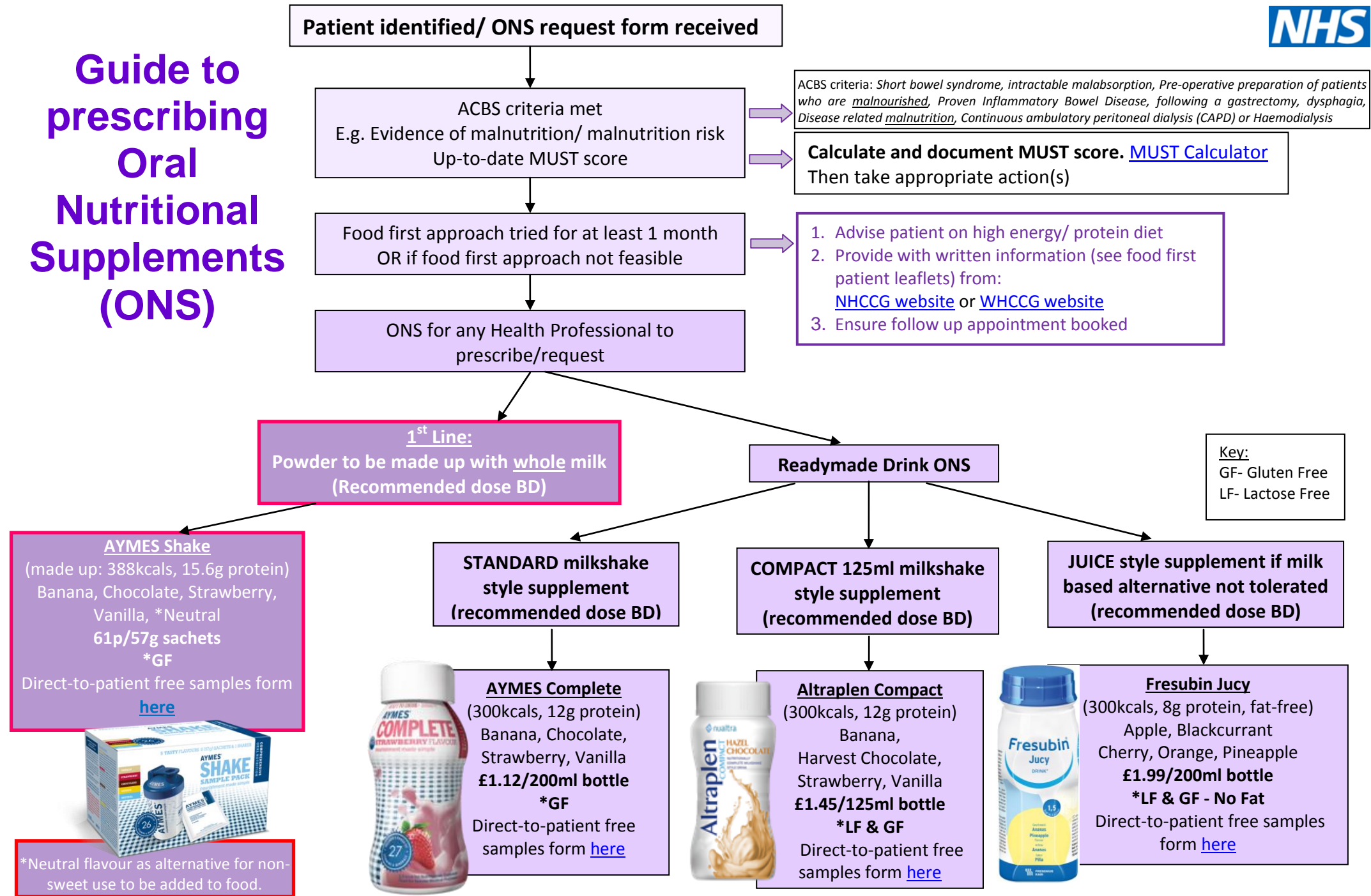


Guide to prescribing Oral Nutritional Supplements (ONS)



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 1st Line

Company name	Product	Pack size (g)	Energy (kcal) per unit	Protein (g) per unit	Price per unit	Flavours
Powder to be made up with 100 or 200mls WHOLE milk (recommended dose: 2 sachets per day)						
AYMES	AYMES Shake +200mls whole milk	57g	388	15.6	£0.61	Banana, Chocolate, Neutral, Strawberry, Vanilla
	AYMES Shake +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
Readymade Standard milkshake style supplement (recommended dose: 2 bottles per day)						
AYMES	AYMES Complete	200	300	12	£1.12	Banana, Chocolate, Strawberry, Vanilla
Readymade COMPACT milkshake style supplement (recommended dose: 2 bottles per day)						
Nualtra	Altraplen Compact	125	300	12	£1.45	Banana, Hazel chocolate, Strawberry, Vanilla
Readymade Juice Style Supplements if milk based alternative not tolerated - *Contains no Fat* (recommended dose: 2 bottles per day)						
Fresenius Kabi	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 1st line disliked/preferred flavour not available)

Company name	Product	Pack size (g/ml)	Kcal per unit	Prot. per unit (g)	Price per unit (£)	Flavours
Powder to make up with whole milk (recommended dose BD)						
Abbott Nutrition	Ensure Shake	57	389	17	0.78	Vanilla, Strawberry, Banana, Chocolate
Fresenius Kabi	Fresubin Powder Extra	62	397	17.7	0.76	Chocolate, Neutral, Strawberry, Vanilla
Nualtra	Foodlink Complete	57	≈380 with milk	≈19 with milk	0.61	Banana, Chocolate, Natural, Strawberry
Nutricia	Complan Shake	57	387	15.6	0.70	Banana, Chocolate, Original, Strawberry, Vanilla
Standard milkshake style supplement (recommended dose BD)						
Abbott Nutrition	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
BBraun Medical	Nutricomp drink plus	200	300	12	1.12	Banana, Chocolate, Strawberry, Vanilla
Fresenius Kabi	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
Nestlé Health Science	Resource Energy	200	300	11.2	1.92	Apricot, Banana, Chocolate, Coffee, Strawberry-Raspberry, Vanilla
Nutricia	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
COMPACT milkshake style supplement (recommended dose BD)						
Abbott Nutrition	Ensure compact	125	300	13	1.45	Banana, Strawberry, Vanilla
Nutricia	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
Juice style supplement (recommended dose BD)						
Abbott Nutrition	Ensure Plus Juice	220	330	10.6	1.97	Apple, Fruit Punch, Lemon&Lime, Orange, Peach, Strawberry
Nutricia	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
Abbott Nutrition	Ensure Plus Crème	125	175	7.1	1.88	Banana, Chocolate, Neutral, Vanilla
	Ensure	250	250	10	2.26	Chocolate, Coffee, Vanilla
Fresenius Kabi	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
Nestlé Health Science	Resource Fruit	200	250	8	1.84	Apple, Orange, Pear-Cherry, Raspberry-Blackcurrant
	Resource Dessert Energy	125	200	6	1.63	Caramel, Chocolate, Vanilla
Nualtra	Nutricrem	125	225	12.5	1.40	Chocolate-orange, Strawberry, Vanilla
Nutricia	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
Abbott Nutrition	Ensure Plus Savoury	250	300	12.5	1.40	Chicken
AYMES	AYMES Shake Chicken	57	251	0	0.70	Chicken
Vitaflo	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
Fresenius Kabi	5Kcal shots	120ml	600	0	2.85	Neutral, Lemon
Nutricia	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
Vitaflo	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
Abbott Nutrition	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
Fresenius Kabi	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
Nestlé Health Science	Resource 2.0 Fibre	200	400	18	1.88	Apricot, Coffee, Neutral, Strawberry, Summer Fruits, Vanilla
Nualtra	Foodlink Complete with fibre	63	≈ 388 with milk	≈19 with milk	0.67	Vanilla
	Altraplen Protein	200	300	20	1.45	Strawberry, Vanilla
Nutricia	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
Abbott / VitaFlo	ProSure	Nepro HP	Vital 1.5	Multi-thick		Osmolite Jevity Ensure TwoCal Vital Perative Nepro Pulmocare OxyPa
Alembicol Product Ltd					Alembicol D	
Fresenius Kabi	Supportan		Survimed	Thick&Easy Thick&Easy Clear Fresubin thickened Stage 1 & Stage 2		Fresubin range Reconvan Survime
Gastropharm			Vivomixx			
Nutricia / SHS	Forticare	Renilon 7.5 Dialamine	Alicalm Duocal super soluble Liquigen Elemental 028 Extra Elemental 028 Extra liquid Emsogen	Nutlis Nutlis clear Nutlis Complete stage 1 Nutlis Complete Stage 2 Nutlis Fruit stage 3	Duocal Duocal Liquid Generaid Keto- range MCT oil Protifar Respifor	Nutrison range
Nestlé			Peptamen Modulen IBD	Resource ThickenUp Resource ThickenUp Clear Resource Thickened Drinks	Oral Impact	Novasource
Nutrinovo					Prosource Prosource Jelly Prosource Plus	
Stannigley Pharma		Renamil Renapro				
VitaFlo Ltd			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)

Patient's GP:	Phone:	Fax:
----------------------	---------------	-------------

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

ASSESSMENT

Resident need to meet the following 3 criteria before they can be prescribed ONS (unless discussion between carer and GP have agreed otherwise)			
1	Resident meets ACBS criteria: <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>	Please specify ACBS criteria below e.g. Malnutrition as defined by MUST	
2	Malnutrition Universal Screening Tool (MUST) score calculated <i>Malnutrition defined as one of the following:</i> <ul style="list-style-type: none"> ● BMI < 18.5kg/m² ● > 10% Unintentional weight loss (last 3-6months) ● BMI < 20 AND > 5% unintentional weight loss (last 3-6 months) 	Please specify MUST score	
		Height	
		Most recent weight / Date	/ /
		Most recent BMI	
		Highest weight 3-6 months	
3	What actions have been taken: <input type="checkbox"/> Food fortification / toppers <input type="checkbox"/> Extra nourishing snacks <input type="checkbox"/> Extra nourishing drinks <input type="checkbox"/> Food First not appropriate	Details:	

PRESCRIPTION REQUEST

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