**GP Guidance on the monitoring of Oral Nutritional Supplements**

**Suggested guidelines for monitoring oral nutritional supplements (ONS):**

* Review weight and ‘MUST’ score every 1-2 months
* Review if patient compliant with ONS i.e. are they taking them as prescribed?
* Broadly review eating and drinking i.e. are they managing ¼ , ½, ¾ or all of meals (including snacks) and drinks?

**Recommendations on safe reduction or discontinuation of ONS once achieved goal weight or non-compliant with supplement usage (i.e. not taking as prescribed):**

* Reduce by 300kcal over 1 month (see table below), check weight and review appropriateness of further reduction
* If patient is only on nutritional supplement s providing 300kcal in total consider discontinuing ONS, check weight after 1 month and review whether this should have been discontinued and recommence if necessary\*.
* If non-compliant with all prescribed ONS (i.e. regularly not collecting prescriptions) discontinue all ONS, review weight after 1 month and assess appropriateness of restarting ONS or refer to Dietetic Service for advice.
* If partially non-compliant with prescribed ONS (taking some products not others) discontinue non-compliant ONS, and review weight after 1 month. Assess appropriateness of restarting ONS or refer to Dietetic Service for advice.

**When to consider referring back to the Dietetic Service:**

* Patient has lost 5% body weight in 3-6 months and has a BMI of <20kg/m2
* Patient has lost 10% body weight in 3-6 months and has a BMI of 20 kg/ m2 or over
* Oral intake has decreased to less than ½ of meals combined with weight loss (as above)

Prior to making a referral consider whether the patient would be willing to engage with the Dietetic Service. Please see South Tees Pathway to Manage Undernutrition for further advice.

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| **Supplement Type** | **Manufacturer** | **Product Name** | **Vol equivalent to ~300 kcal** |
| Ready to drink  Milkshake style | Nutricia | Fortisip Compact/fibre | 1 x 125 ml bottle |
| Fortisip Bottle/Yoghurt Style/extra | 1 x 200 ml bottle |
| Abbott | Ensure Plus milkshake/yoghurt style | 1 x 220 ml bottle |
| Ensure Compact | 1 x 125 ml bottle |
| Nualtra | Altraplen Compact | 1 x 125 ml bottle |
| Aymes | Aymes Complete | 1 x 200 ml bottle |
| Fresenuis Kabi | Fresubin Energy/fibre | 1 x 200 ml bottle |
| Ready to drink, high protein (18-20g protein) | Fresenius | Fresubin protein energy | 1 x 200ml bottle |
| Nutricia | Fortisip Compact protein | 1 x 125ml bottle |
| Nualtra | Altraplen protein | 1 x 200ml bottle |
| Abbott | Ensure Plus Advance | 1 x 220ml bottle |
| Ready to drink  Juice style | Nutricia | Fortijuice | 1 x 200 ml bottle |
| Fresenius Kabi | Fresubin Jucy | 1 x 200 ml bottle |
| Abbott | Ensure Plus Juce | 1 x 220 ml bottle |
| Nualtra | Altrajuce | 1 x 200ml carton |
| Low volume  High energy | Nutricia | Calogen Extra/Extra Shots | 80ml/2 x 40 ml shots |
| Vitaflo | Procal Shot | 90ml/3 x 30 ml shots |
| Nualtra | Altrashot | 90ml/3 x 30 ml shots |
| Powdered  Milkshake style | Nutricia | Complan Shake | 1 x 57g sachet |
| Abbott | Ensure Shake | 1 x 57g sachet |
| Nualtra | Foodlink Complete/fibre | 1 x 57g sachet |
| Aymes | Aymes Shake/Aymes shake compact | 1 x 57g sachet |
| Fresenius Kabi | Fresubin Powder Extra | 1 x 62g sachet |
| Other common  supplements | Vitaflo | Procal Powder | 3 x 15g sachets |
| Aymes | Aymes Savoury | 1 x 49g sachet |

This table is not an exhaustive list, please contact the dietitian if you require information regarding a supplement not included, patient is on pre-thickened supplements or want further advice when reducing or discontinuing nutritional supplements.

\*Please note that in patients with a BMI <18.5kg/m2, 300kcal may contribute significantly to their nutritional intake and the reduction in supplements needs to be monitored closely.

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