

# Guideline for the Initiation of Oral Nutritional Supplements (NUT1)

Author	STSFT Community Dietetic Team
Approved by	South Tyneside and Sunderland APC
Current Version	2
Published on	February 2022
Review date	May 2023

This guideline is intended for use in primary care

**Sunderland and South Tyneside Nutrition and Dietetic Service do not recommend any particular product and this formulary is based simply on cost at the time of going to print and advice from the CCG Medicines Optimisation team. It is entirely the decision of the clinician which ONS to prescribe.**

## **ONS primary care formulary and GP guidance**

### **Starting Oral Nutritional Supplements in Primary Care**

A guide to GP prescribing of Oral Nutritional Supplements (ONS) while awaiting dietetic review.

Oral nutritional supplements should only be prescribed after first line dietary advice (including food fortification) and over the counter build up drinks have been tried. Click [here](#) for more information including leaflets available to print and provide to patients.

### **Key recommendations for prescribing Oral Nutritional Supplements**

*Product choices are shown in the table below.*

Give acute prescriptions on a short term basis (1 twice daily), starting with a variety of flavours and refer the patient to the Dietitian for review.

#### **First Line – Powdered ONS**

- If the patient or carer can prepare drinks (including patients in care homes).

#### **Second Line**

- If the patient needs a ready-made supplement use a milk-style 1.5kcal/ml ONS.
- A 125ml 2.4kcal/ml ONS may be preferable for patients who may struggle to manage a 200ml ONS twice daily.

**Product Choices** - Sample packs are available to order (delivered within 2-5 working days)

<b>Powdered ONS</b>	<b>Flavours</b>	<b>Presentation</b>	<b>Kcal/unit*</b>	<b>Price/unit (£)</b>	<b>Samples Pack Available From</b>
Foodlink Complete	Natural, Strawberry, Banana, Chocolate, Vanilla	57g sachet 1596g tub (do not use tub in care homes)	386	0.49	<a href="https://nualtra.com/get-samples">https://nualtra.com/get-samples</a>
Aymes Shake	Vanilla, Strawberry, Chocolate, Banana, Neutral, Ginger (not available in 1.6kg tub)	57g sachet 1.6kg tub (do not use tub in care homes)	383	0.49	<a href="https://aymes.com/pages/aymes-sample-service">https://aymes.com/pages/aymes-sample-service</a>

\*When made with 200ml whole milk

<b>Milk style ONS (1.5 kcal/ml)</b>	<b>Flavours</b>	<b>Presentation</b>	<b>Kcal/unit*</b>	<b>Price/unit (£)</b>	<b>Samples Pack Available From</b>
Fortisip bottle	Neutral, Vanilla, Chocolate, Banana, Orange, Strawberry, Tropical, Caramel	200ml bottle	300 (1.5kcal/ml)	1.12	<a href="https://www.nutricia.co.uk/patients-carers.html">https://www.nutricia.co.uk/patients-carers.html</a>

<b>Milk Style ONS (2.4 kcal/ml)</b>	<b>Flavours</b>	<b>Presentation</b>	<b>Kcal/unit*</b>	<b>Price/unit</b>	<b>Samples Pack Available From</b>
<i>First Line</i> Altraplen Compact	Vanilla, strawberry, banana, hazel, chocolate	125ml bottle	300 (2.4kcal/ml)	1.33	<a href="https://nualtra.com/get-samples">https://nualtra.com/get-samples</a>
<i>Second Line</i> Fortisip Compact	Vanilla, strawberry, banana, mocha, apricot, forest fruit, chocolate, neutral	125ml bottle	300 (2.4kcal/ml)	1.33	<a href="https://www.nutricia.co.uk/patients-carers.html">https://www.nutricia.co.uk/patients-carers.html</a>

<b>Juice style ONS† (1.5 kcal/ml)</b>	<b>Flavours</b>	<b>Presentation</b>	<b>Kcal/unit*</b>	<b>Price/unit (£)</b>	<b>Samples Pack Available From</b>
Actagain Juce	Apple, orange	220ml bottle	300	1.70	<a href="https://aymes.com/pages/aymes-sample-service">https://aymes.com/pages/aymes-sample-service</a>

Please note that some oral nutritional products are high in sugar, and this may affect blood sugar levels in patients with diabetes.

Other ONS should only be prescribed on the request of a Dietitian to ensure that the patient's nutritional requirements are being met.