

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 only on 300kcal in total discontinue ONS, check weight after 1 month and review whether this should have been discontinued and re commence 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 re starting 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 re starting ONS or refer to Dietetic service for advice

When to consider referring back to the Dietetics 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 20kg/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.

Supplement Type	Manufacturer	Product Name	Vol equivalent to ~300kcal
Ready to drink milkshake style	Nutricia	Fortisip Compact /protein / fibre	1 x 125ml bottle
		Fortisip Bottle / Yoghurt Style /extra	1 x 200ml bottle
	Abbott	Ensure Plus milkshake / yoghurt style	1 x 220ml bottle
		Ensure Compact	1 x 125ml bottle
	Nualtra	Altraplen Compact	1 x 125ml bottle
	Aymes	Aymes Complete	1 x 200ml bottle
Fresenius Kabi	Fresubin Energy / fibre / protein energy	1 x 200ml bottle	
Ready to drink Juice style	Nutricia	Fortijuice	1 x 200ml bottle
	Fresenius Kabi	Fresubin Jucy	1 x 200ml bottle
	Abbott	Ensure Plus Juce	1 x 220ml bottle
Low volume high energy	Nutricia	Calogen Extra / Extra Shots	80ml / 2 x 40ml shots
	VitaFlo	Pro-cal Shot	90ml/ 3 x 30ml shots
	Nualtra	Altrashot	90ml/3 x 30mls shots
Powdered milkshake style	Nutricia	Complan Shake	1 x 57g sachet
	Abbott	Ensure Shake	1 x 57g sachet
	Nualtra	Food Link Complete / fibre	1 x 57g sachet
	Aymes	Aymes Shake	1 x 57g sachet
	Fresenius Kabi	Fresubin Powder Extra	1 x 62g sachet
Other common supplements	VitaFlo	Pro-cal Powders	3 x 15g sachets
		Vitasavoury soup	1 x 50g sachet
	Aymes	Aymes Chicken	1 x 49g sachet

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