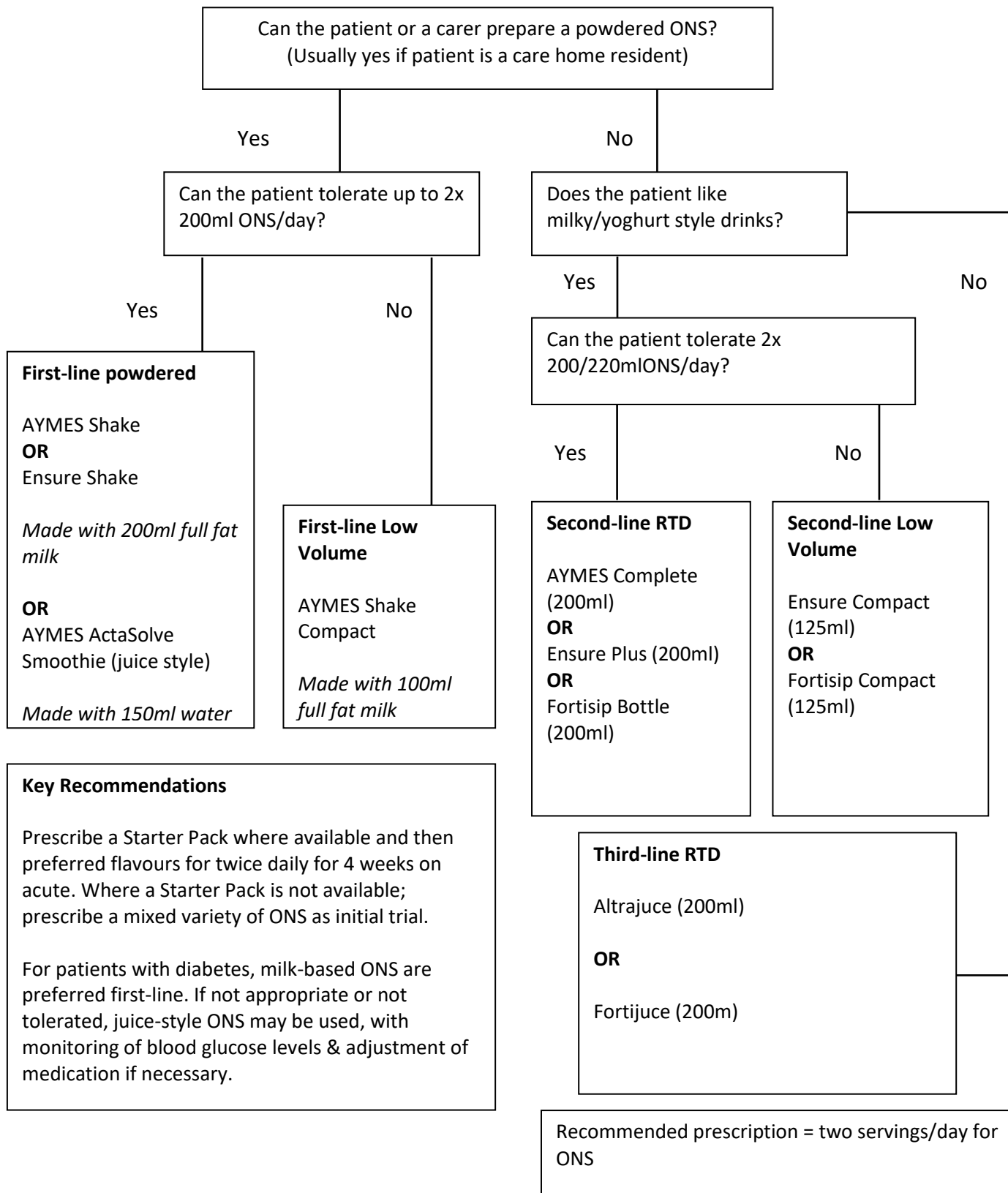


**Quick Reference Guide:  
Choosing which Oral Nutritional Supplement (ONS) to prescribe**

V2.1 | Last reviewed: 17/09/2020 | Review date: 17/09/2023

**Quick Reference Guide: Choosing which Oral Nutritional Supplement (ONS) to prescribe**

Prior to prescribing, screen with MUST. Confirm patient at High Risk (MUST 2+) and 'Food First' and/or Over the Counter supplements have been unsuccessful. If patient meets criteria for Advisory Committee on Borderline Substances (ACBS) use the Formulary below to prescribe initial one week prescription, followed by one month on acute. Document the nutritional treatment goal on initiation of the prescription and review.

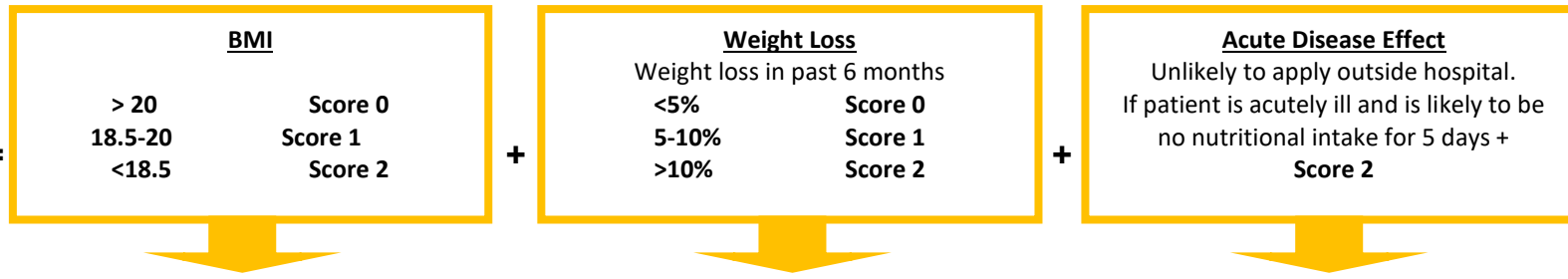


**Key Recommendations**

Prescribe a Starter Pack where available and then preferred flavours for twice daily for 4 weeks on acute. Where a Starter Pack is not available; prescribe a mixed variety of ONS as initial trial.

For patients with diabetes, milk-based ONS are preferred first-line. If not appropriate or not tolerated, juice-style ONS may be used, with monitoring of blood glucose levels & adjustment of medication if necessary.

**MUST =**



Add together the scores to give total of 0-6 for overall risk of malnutrition [www.bapen.org.uk/pdfs/must/must\\_full.pdf](http://www.bapen.org.uk/pdfs/must/must_full.pdf)  
**If BMI or weight loss can't be established** state estimated risk of malnutrition = **Low, Medium or High**  
 Consider underlying symptoms and cause of **malnutrition** e.g. nausea/vomiting, pain, infection, constipation/diarrhoea, ability to chew/swallow, medical prognosis/impact of medication, uncontrolled diabetes, social or psychological issues

- Agree Goals of Treatment**
- ✓ Prevent further weight loss
  - ✓ Promote weight gain
  - ✓ Improve strength
  - ✓ Increase nutritional intake
  - ✓ Ability to undertake daily activities
  - ✓ Improve quality of life
  - ✓ Promote wound healing

- Confirm ACBS Indication**  
 (Advisory Committee on Borderline Substances)
- Disease related malnutrition
  - Dysphagia
  - Short bowel syndrome
  - Intractable malabsorption
  - Pre-operative preparation of undernourished patients
  - Inflammatory bowel disease
  - Total gastrectomy
  - Bowel Fistulae

**MUST Score 0  
Low Risk**

Routine clinical care required. Patients are unlikely to meet criteria for ONS prescription

Re-screen monthly in Care Homes and annually in the Community.  
 Check progress if ONS discontinued

**MUST Score 1  
Medium Risk**

Provide 'Food First' advice & leaflet (p2)  
 Encourage purchase of Over the Counter Nutritional Supplements (p2). No prescribed ONS required unless COPD with BMI<20kg/m<sup>2</sup>

After 1-3 months review:  
**If improving:** continue dietary advice, review every 1-3 months until goals/targets met & 'Low Risk'  
**No improvement:** after dietary advice/ over the counter nutritional supplements; treat as 'High Risk'

**MUST Score 2 / 2+  
High Risk**

Provide 'Food First' advice as in 'Medium Risk'. Prescribe First line ONS if ACBS indicated (p2). Prescribe a 'starter pack' & then 56 preferred ONS on acute for one month

After 4-6 weeks review goals and compliance:  
**If improving:** consider treating as 'Medium Risk'. Review ONS every 3-6 months  
**No improvement:** Patient now considered 2+, refer to Dietitian for specialist advice

**MUST Score 3 or 4  
Very High Risk**

Refer to Dietitian (Community or Hospital) for specialist advice

Dietitian to review and write care plan for ongoing monitoring as appropriate

### **'Food First'**

- Little & Often / Enriching your food / Nourishing Drinks
- Provide 'Your Guide to Making the Most of your Food': [https://www.malnutritionpathway.co.uk/library/leaflet\\_yellow.pdf](https://www.malnutritionpathway.co.uk/library/leaflet_yellow.pdf)
- Or 'If you are losing weight' (for older people) [https://www.milk.co.uk/hcp/wp-content/uploads/sites/2/woocommerce\\_uploads/2016/12/](https://www.milk.co.uk/hcp/wp-content/uploads/sites/2/woocommerce_uploads/2016/12/)

### **Second-line Over the Counter Nutritional Supplements available to buy at pharmacies, convenience stores, larger supermarkets and online retailers**

- Suitable for those patients whose condition does not meet ACBS prescribing criteria or
- For those who do not have the ability or desire to make homemade nourishing drinks

**Powdered options:** AYMES® Retail, Complian® and Meritene® (shakes and soups to be made with full fat milk or water)

**Ready to drink options:** Meritene®, Nurishment® Original, Nurishment® Extra, Nurishment® Active

## **ONS Products available on prescription**

**First Line ONS Products:** If patient or carer can prepare a powdered ONS. Use up to 2/day

AYMES® Shake (+ 200ml full fat milk)  
Ensure® Shake (+ 200ml full fat milk)

AYMES ActaSolve Smoothie (Juice style 150ml water)

**Second Line ONS Products (when NO First Line product is appropriate or tolerated).**

**200-220ml Milkshake & Yoghurt Style (Lactose free)**

AYMES® Complete  
Ensure® Plus  
Fortisip® Bottle

**125ml Milkshake Style (Low volume)**

AYMES Shake Compact (100ml milk, powdered)  
Ensure® Compact  
Fortisip® Compact

**Third Line ONS Products (when NO First or Second Line products are suitable. Use with caution in Diabetes)**

**200-220ml Juice style products (lactose free)**

Altrajuce  
Fortijuce®

Review



### **Goals met/Good progress with ONS**

- Encourage 'making the most of your food' advice
- Consider reducing by one ONS per day for 2-4 weeks before stopping
- Consider over the counter nutritional supplements to help maximise nutritional intake if required
- Monitor progress against goals set. Consider treating as 'medium risk' and review every 1-3 months
- Document weight/BMI/MUST/Subjective Risk Score, updated treatment goals and review date in patient record

### **Goals not met/Limited progress with ONS**

- Check ONS compliance; amend prescription as necessary, increase volume of ONS
- Reassess clinical condition, consider more intensive nutrition support or seek advice from a Dietitian
- Consider goals of intervention, ONS may be provided as support for individuals with deteriorating conditions. Adjust treatment goals to support this e.g. to slow decline in weight and function. If no improvement, seek advice from a Dietitian
- Review individuals on ONS every 3-6 months or upon change in clinical condition
- Document weight/BMI/MUST/Subjective Risk Score, updated treatment goals and review

### **When to stop ONS prescription**

- Goals of intervention have been met and individual is no longer at risk of malnutrition
- Individual is clinically stable/acute episode has resolved
- Individual is back to their normal eating and drinking pattern
- If no further clinical input would be appropriate or beneficial (e.g. end of life)
- If a patient does not comply with reviews; supply should be suspended until this takes place

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**QUICK PRESCRIBING GUIDE to ORAL NUTRITIONAL SUPPLEMENTS IN PRIMARY CARE**

- Products listed below can be initiated in primary care after 'MUST' screening & appropriate first line 'Food First' treatment in line with ONS guidance.
- Over the counter (OTC) oral nutritional supplements can be purchased from pharmacies for those patients that do not meet ACBS prescribing criteria.
- All patients initiated on ONS should have their treatment reviewed in line with local guidance.
- ONS should be discontinued when treatment goals are met and/or the patient no longer meets the ACBS prescribing criteria.

Prescribe first line if patient or carer can prepare a powdered ONS. Use up to TWO per day								
1 <sup>st</sup> line ONS products	ONS name	Weight/ volume	Kcals/ servin g	Protein/ serving (g)	Flavours	Other information	Monthly volume for BD dose	
		AYMES Shake	57g	388	19	Banana, Chocolate, Strawberry, Vanilla, Neutral, Ginger	Starter pack with shaker	3192g or 56 x 57g
		Low Volume AYMES Shake Compact	57g	320	12	Banana, Chocolate, Strawberry, Vanilla, Neutral	Make up with 100mls milk for lower volume. Starter pack with shaker available	3192g 56 x 57g
		Ensure Shake	57g sachet (x7/box)	389	17	Banana, Chocolate, Strawberry, Vanilla	Starter pack with shaker	3192g or 56 x 57g
Prescribe when no first line product is appropriate or tolerated 200ml milkshake or yoghurt style								
2 <sup>nd</sup> Line ONS products	AYMES Complete	200ml	300	12	Banana, Chocolate, Strawberry, Vanilla,	Starter pack 4 x 200ml available	11200ml or 56 x 200ml	
	Ensure Plus	200ml	330	13.8	Banana, Chocolate, Coffee, Fruits of the forest, Neutral, Orange, Peach	4 x 220ml	56 x 220ml	
	Fortisip Bottle	200ml	300	12	Banana, Caramel, Chocolate, Neutral, Orange, Strawberry, Tropical Fruit, Vanilla	200ml	56x 200ml	
	Prescribe when no first line product is appropriate or tolerated and a one a day/ reduced volume RTD required 125ml							
		Ensure Plus Compact	125ml	300	12.8	Vanilla, Strawberry, Banana, Café Latte		56 x 125ml
		Fortisip Compact	125ml	300	12	Apricot, Banana, Chocolate, Forest Fruit, Mocha Neutral, Strawberry, Vanilla		56 x 125ml
		AYMES ActaGain 2.4 Complete Maxi	200ml	480	19.2	Vanilla, Strawberry	One a day solution	5600ml or 28 x 200ml
Prescribe when no first- or second-line products are suitable or patient dislikes milk- based ONS								
If milk based ONS unsuitable	AYMES ActaSolve Smoothie	66g 150 ml water	297	10.7	Mango, Peach, Pineapple, Strawberry & Cranberry	Starter pack with shaker available	3696g (56 x 66g)	
	Altrajuce	200ml	300	7.8	Apple, Blackcurrant, Orange, Strawberry			
	Fortijuce	200ml	300	7.8	Apple, Blackcurrant, Forest Fruit, Lemon, Orange, Strawberry, Tropical		6 x RTD starter pack	