



## Using a sip feed.....

Sip feeds are prescribable drinks that provide extra nourishment in an easy to take form. The following information contains ideas on how to make the most of them...

Patients name ..... Sip Feed .....  
 Number to take per day ..... Date for review .....



-  The person recommending sip feeds should have provided information about how many bottles or sachets (which should be made up with full cream milk) to take each day.
-  Drink sip feeds slowly, it should take 20 -30 minutes to drink one bottle
-  Sip feeds are most effective if they are taken every day as prescribed.
-  Take sip feeds **after** or **between** meals so they don't put you off eating meals.
-  Sip feeds should not replace ordinary food – meals and snacks should be eaten as well.
-  If the sip feeds cannot be taken as prescribed or you think that they are no longer required, please contact the person who recommended them for more advice.
-  Sip feeds come in many flavours – **ask to try other flavours.**
-  Shake the bottle first before taking.
-  Sip from the bottle or pour into a glass. Many sip feeds taste better chilled. Some can even be frozen to make ice-cream or ice-lollies for a delicious change.
-  Sip feeds can be warmed but remember not to boil them. Try warmed chocolate, coffee or soup flavours.
-  Sip feeds can be used in cooking. Companies producing sip feeds can usually provide recipe booklets.

### Storing your sip feed

-  Some chemists will deliver sip feeds. Remember to ask when you hand in the prescription.
-  Store sip feeds in a cool place. Do not store them next to radiators or other sources of heat.
-  If you want chilled sip feeds, keep those needed for the next few days in the fridge.
-  Once opened, store the sip feed in the fridge for up to 24 hr

