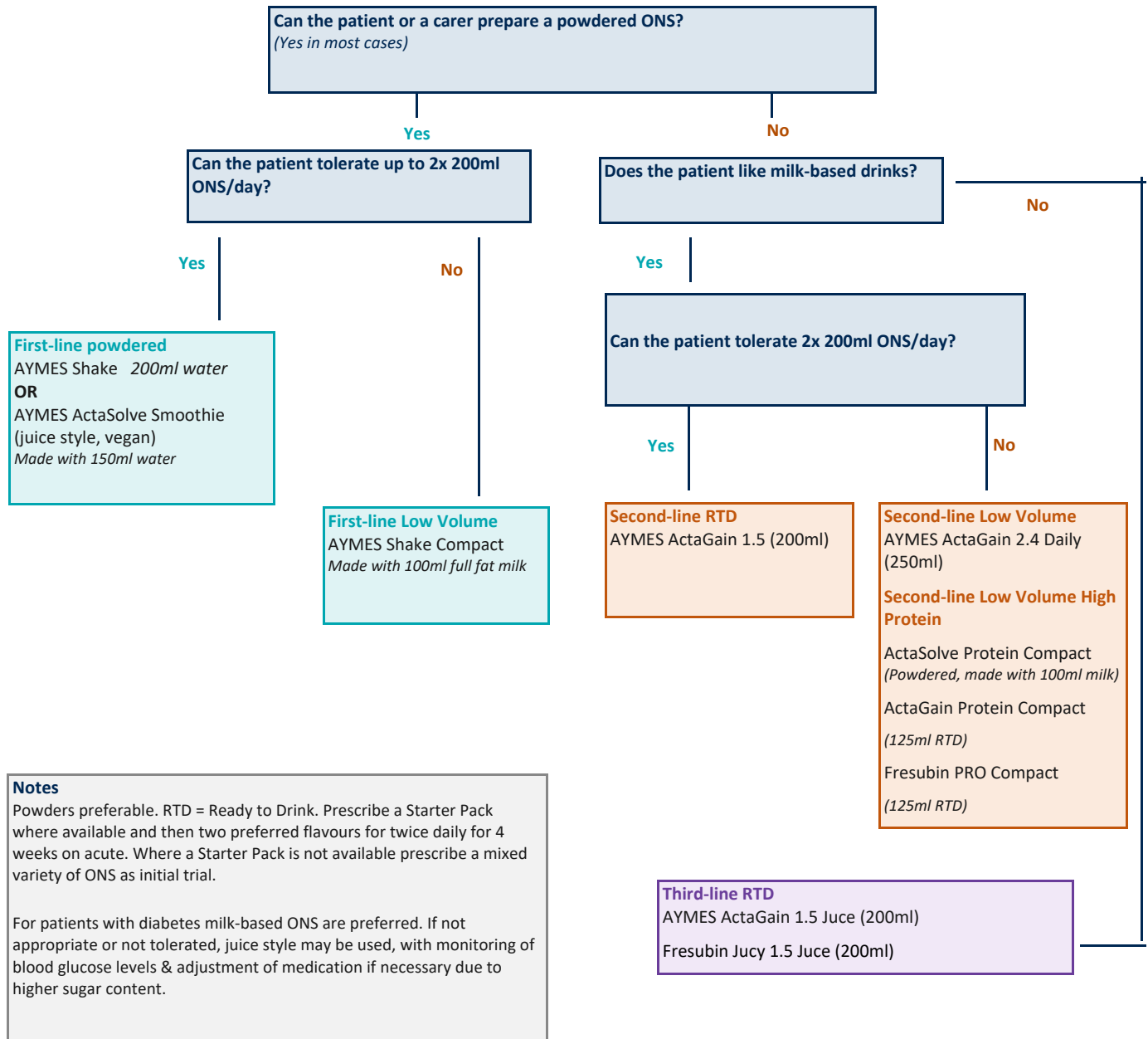


Quick Prescribing Guide: Oral Nutritional Supplements

- Complete a MUST score and give [Food First](#) advice. ONS only if patient at Higher Risk (MUST 2+) where food first has been unsuccessful. This guide is simple in format for the use of GP's in primary care.
- Use an initial one week prescription, followed by four weeks on acute, never on repeat. Over the counter supplements can be purchased from pharmacies.
- Patients initiated on ONS should be reviewed every 12 weeks by the HCP, supplements are designed for shorter term use.



Food First

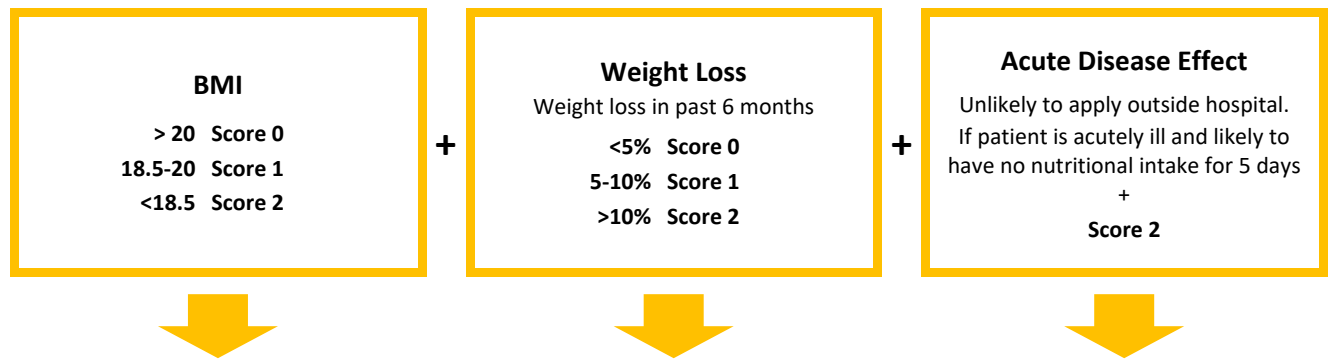
- Food first, making snacks count, milkshakes & fortified drinks [BAPEN Food Enrichment](#)
- [Nottingham Community Dietitians Food First Leaflet](#)
- Over the Counter options

AYMES® Retail, Complan® or Meritene® shakes made with full fat milk or water

When to stop ONS

- Goals have been met and individual is no longer at risk of malnutrition
- Individual is clinically stable/acute episode has resolved
- If no further clinical input would be beneficial
- If patient does not comply with reviews, supply should be paused as per all NHS prescribing

MUST



MUST Tool Calculator

Add together the scores to give total of 0-6. **If BMI or weight loss cannot 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, psychological issues

Agree Goals of Treatment ✓ Prevent further weight loss ✓ Promote weight gain ✓ Improve strength ✓ Increase nutritional intake ✓ Improve quality of life ✓ Promote wound healing	0 Low Risk	Unlikely to meet criteria for ONS prescription	Re-screen monthly in Care Homes and annually in the Community. Document MUST, Weight, give Food First advice, advise OTC supplements
	1 Medium Risk	Provide 'Food First' advice. Encourage purchase of Over the Counter supplements	Review within 3 months: If improving: continue dietary advice, review every 3 months until goals met No improvement: after dietary advice/ over the counter supplements; treat as 'Higher Risk'
	2 / 3 Higher Risk	Provide 'Food First' advice as in 'Medium Risk'. Prescribe First line ONS if ACBS indicated on acute	Review at 4 weeks: If improving: consider treating as 'Medium Risk' No improvement: Refer to Dietitian for specialist advice
	3 / 4 High Risk	Refer to Dietitian (Community or Secondary Care) for specialist advice	Dietitian to review and write rationale for ongoing care

[Further information ONS Guide](#)

Prescribing Guide for GP's in Primary Care

1st	Prescribe first line if patient or carer can prepare a powdered ONS Use one / two per day						
	ONS name	Weight/ volume	Kcals/ serving	Protein/ serving (g)	Flavours	Other information	Monthly volume for BD dose
	AYMES Shake	200ml milk + 57g sachet	384	19	Banana, Chocolate, Strawberry, Vanilla, Neutral, Ginger	Powder. Starter pack with shaker	3192g or 56 x 57g sachet
	AYMES Shake Compact	100ml milk + 57g	320	15.4	Banana, Chocolate, Strawberry, Vanilla, Neutral, Ginger	Low Volume Powder. Make up with 100mls Use starter pack.	3192g 56 x 57g sachet
2nd	AYMES ActaSolve Smoothie	150ml water 57g sachet	298	10.7	Tropical Mango, Peach Sunrise, Pineapple, Mixed Berry	Powder. Use starter pack x7/box	56 x 66g
	Prescribe when no first line product is appropriate						
	AYMES ActaGain 1.5	200ml	300	14	Smooth Vanilla, Strawberry Burst, Banana Milkshake, Double Chocolate.	RTD. Starter pack 4 x 200ml	11200ml or 56 x 200ml
	Prescribe when no first line product is appropriate and need reduced volume						
	AYMES ActaGain 2.4 Daily	200ml	600	24	Smooth Vanilla, Strawberry Burst, Banana Milkshake	RTD. One a day split dose sip feed solution	5600ml or 28 x 200ml
	AYMES ActaGain 1.5 Plant Powered	200ml	300	13.4	Madagascan Vanilla, Cafe Latte, Salted Caramel	RTD. Starter pack 3 x 200ml	11200ml or 56 x 200ml
	Prescribe when no first line product is appropriate and need reduced volume + high protein						
	AYMES ActaSolve Protein Compact	100ml milk +57g	313	20.5	Simply Neutral, Vanilla, Strawberry Burst, Banana Milkshake	Powder. Starter pack 5 x 57g sachets	3192g or 56 x 57g
	AYMES ActaGain Protein Compact	125ml	300	20	Simply Neutral, Vanilla Caramel, Strawberry Burst, Chocolate	RTD. Starter pack 5 x 125ml	7000ml or 56 x 125ml
	Fresubin PRO Compact	125ml	300	18	Vanilla, Apricot-Peach, Cappuccino, Neutral, Hazelnut	RTD. Starter pack x5	7000ml or 56 x 125ml
3rd	Prescribe only when no first or second-line products are suitable						
	AYMES ActaGain 1.5 Juice	200ml	300	10	Zesty Orange, Juice Apple, Berry Medley, Juicy Peach	RTD. Starter pack 5 x 200ml	56 x 200ml
	Fresubin Jucy 1.5 Juice	200ml	300	10	Apple, Blackcurrant, Cherry, Orange Pineapple	RTD. Starter pack 5 x 200ml	56 x 200ml