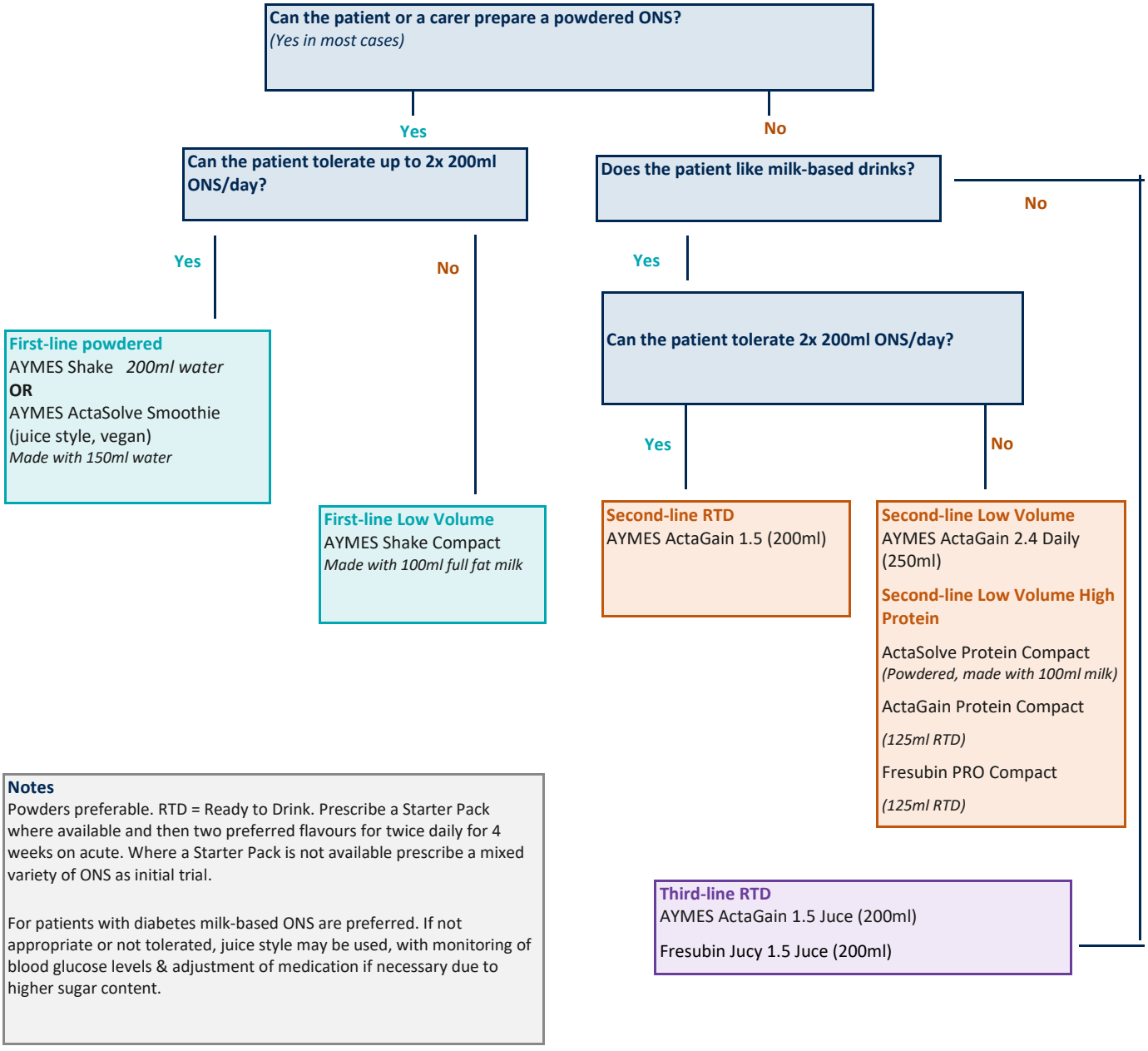
Quick Prescribing Guide: Oral Nutritional Supplements

- 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.



Notes
Powders preferable. RTD = Ready to Drink. Prescribe a Starter Pack where available and then two 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. If not appropriate or not tolerated, juice style may be used, with monitoring of blood glucose levels & adjustment of medication if necessary due to higher sugar content.

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

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Last reviewed Sep/2026. Review date Sep/2029.
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MUST

BMI
> 20 Score 0
18.5-20 Score 1
<18.5 Score 2

+

Weight Loss
Weight loss in past 6 months
<5% Score 0
5-10% Score 1
>10% Score 2

+

Acute Disease Effect
Unlikely to apply outside hospital.
If patient is acutely ill and likely to have no nutritional intake for 5 days
+
Score 2

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

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

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
	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
2nd	**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 Juce	200ml	300	10	Zesty Orange, Juice Apple, Berry Medley, Juicy Peach	RTD. Starter pack 5 x 200ml	56 x 200ml
	Fresubin Jucy 1.5 Juce	200ml	300	8	Apple, Blackcurrant, Cherry, Orange Pineapple	RTD. Starter pack 5 x 200ml	56 x 200ml

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