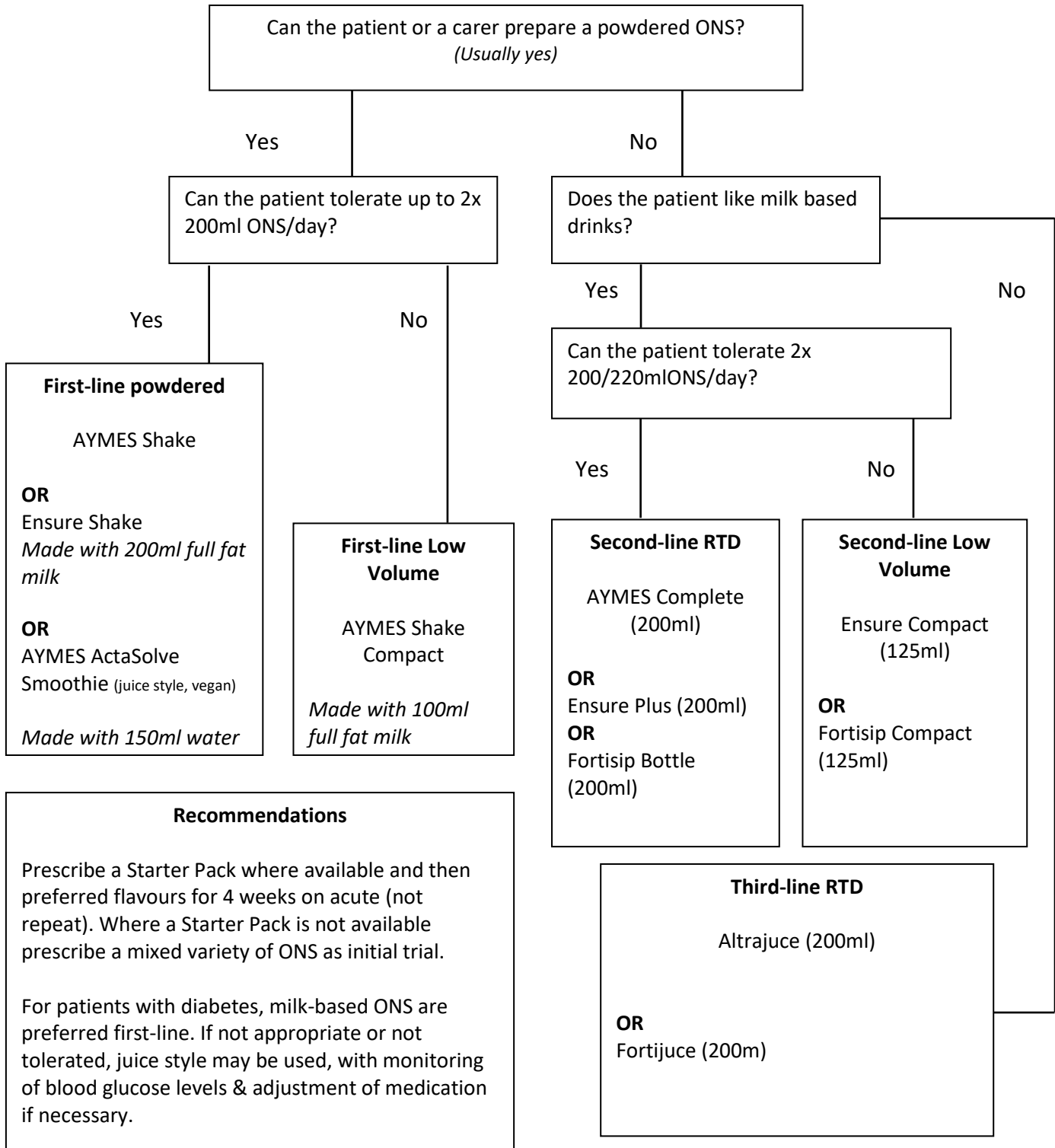


Quick Reference Guide: Oral Nutritional Supplements (ONS)

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Please first complete a MUST score and give Food First advice. Prescribe only if patient at Higher Risk (MUST 2+) where Over the Counter supplements have been unsuccessful. If patient meets criteria for Advisory Committee on Borderline Substances (ACBS) use the below for initial one week prescription, followed by four weeks on acute. Document the rationale, treatment goals and confirm date for review.

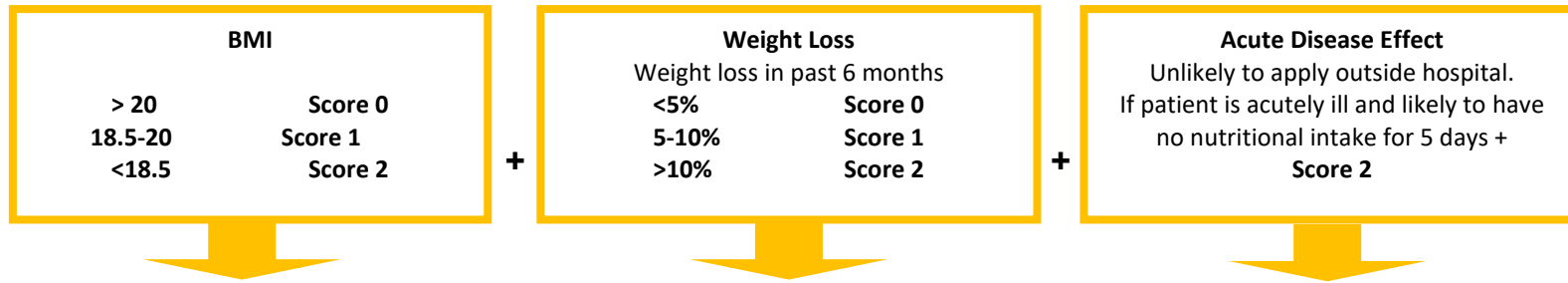


Recommendations

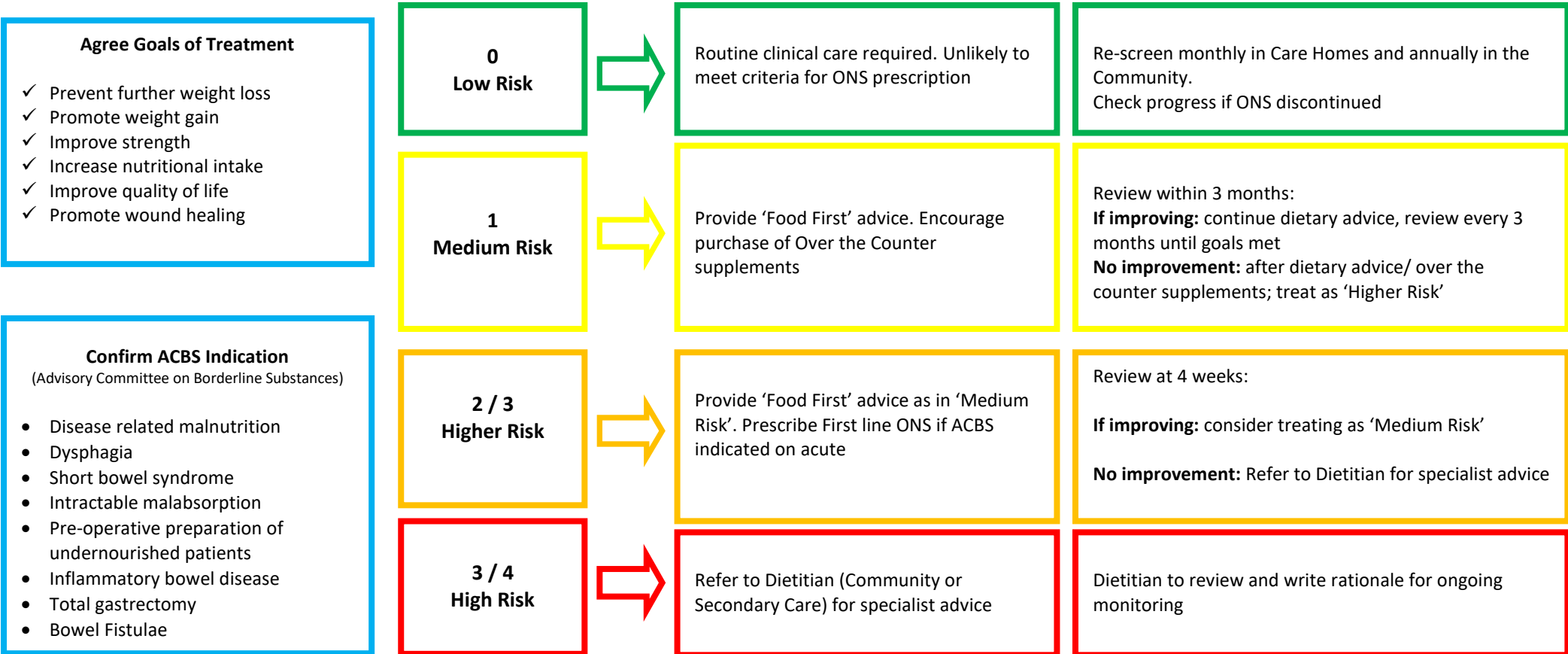
Prescribe a Starter Pack where available and then preferred flavours for 4 weeks on acute (not repeat). Where a Starter Pack is not available prescribe a mixed variety of ONS as initial trial.

For patients with diabetes, milk-based ONS are preferred first-line. If not appropriate or not tolerated, juice style 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 www.bapen.org.uk/pdfs/must/must_full.pdf
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



Food First

- Use real food first, making snacks count, sipping milkshakes & fortified drinks
[Food First/Food Enrichment \(bapen.org.uk\)](http://bapen.org.uk)
- Food first leaflet
<https://www.nottsapc.nhs.uk/guidelines-formularies/>

Over the Counter supplements at pharmacies

- Powdered options
AYMES® Retail, Complan® or Meritene® shakes made with full fat milk or water
- Ready to drink options
Meritene®, Nurishment® Original, Nurishment Extra®

Prescribed Products

First Line ONS Products

AYMES® Shake (+ 200ml full fat milk)

Ensure® Shake (+ 200ml full fat milk)

AYMES ActaSolve Smoothie (Juice style + 150ml water, Vegan)

Second Line ONS Products

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

200-220ml Juice style products

Altrajuce

Fortijuce®

Goals met with ONS

- Encourage 'making the most of your food' advice
- Consider over the counter nutritional supplements to help maximise nutritional intake
- Monitor progress against goals set. Treat as 'medium risk' and review every 3 months
- Document weight/BMI/MUST/Risk Score, update treatment goals and review

Goals not met with ONS

- Check ONS compliance, amend prescription as necessary
- Reassess clinical condition, consider more intensive nutrition support or seek advice from a Dietitian
- Review individuals on ONS every 3 months or upon change in clinical condition
- Document weight/BMI/MUST/Subjective Risk Score, updated treatment goals and review

When to stop ONS

- 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 patient does not comply with reviews, supply should be paused as per all NHS prescribing

Summary Prescribing Guide

- Products listed below can be started on acute (not repeat) after 'MUST' screening & first line 'Food First' treatment
- Over the counter (OTC) supplements can be purchased from pharmacies
- All patients initiated on ONS should have their treatment reviewed regularly
- ONS should be discontinued when treatment goals are met

1 st line ONS products	Prescribe first line if patient or carer can prepare a powdered ONS Use one / two per day						
	ONS name	Weight/ volume	Kcals/ servin g	Protein/ serving (g)	Flavours	Other information	Monthly volume for BD dose
	AYMES Shake	57g	384	19	Banana, Chocolate, Strawberry, Vanilla, Neutral, Ginger	Starter pack with shaker	3192g or 56 x 57g
	AYMES Shake Compact	57g	320	15.4	Banana, Chocolate, Strawberry, Vanilla, Neutral	Low Volume Make up with 100mls Starter pack with shaker	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	
2 nd Line ONS products	Prescribe when no first line product is appropriate or tolerated 200ml milkshake or yoghurt style						
	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 Orange, Strawberry, Vanilla	200ml	56x 200ml
	Prescribe when no first line product is appropriate or tolerated and reduced volume RTD required 125ml						
	AYMES ActaGain 2.4 Complete	200ml	480	19.2	Vanilla, Strawberry, Banana	One a day solution	5600ml or 28 x 200ml
	Ensure Plus Compact	125ml	300	12.8	Vanilla, Strawberry, Banana, Café Latte	125ml	56 x 125ml
	Fortisip Compact	125ml	300	12	Banana, Chocolate, Mocha, Strawberry, Vanilla	125ml	56 x 125ml
If milk based ONS unsuitable	Prescribe when no first- or second-line products are suitable						
	AYMES ActaSolve Smoothie	66g 150 ml water	298	10.7	Mango, Peach, Pineapple, Strawberry & Cranberry	Vegan starter pack available	56 x 66g
	Altrajuce	200ml	300	7.8	Apple, Blackcurrant, Orange, Strawberry	200ml	6 x 200
	Fortijuce	200ml	300	7.8	Apple, Lemon, Orange, Strawberry	200ml	6 x 200