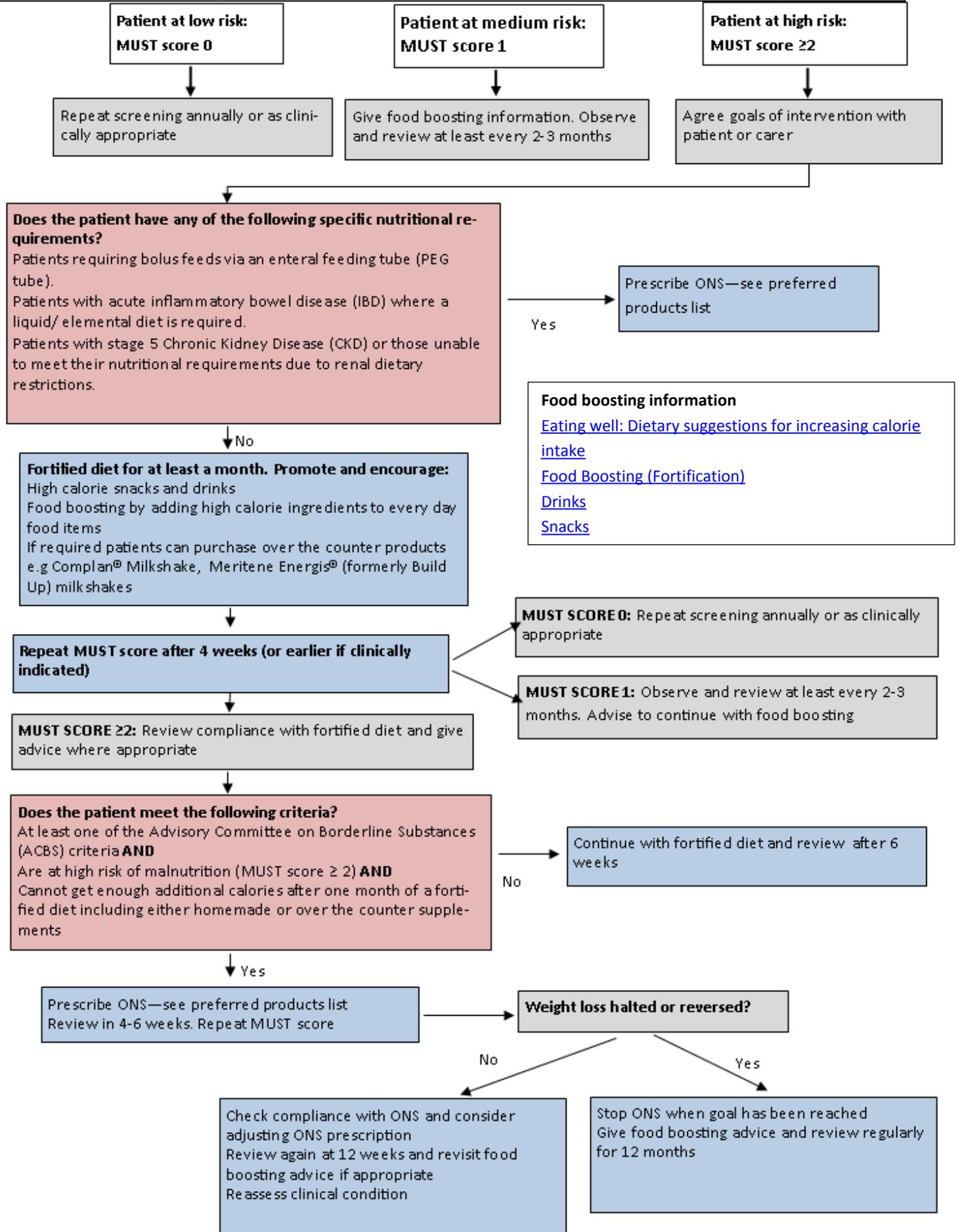


Prescribing Guidelines for Oral Nutritional Supplements: Summary



ACBS Criteria	Short bowel syndrome, intractable malabsorption, pre-operative preparation of patients who are undernourished, proven inflammatory bowel disease, following total gastrectomy, dysphagia, bowel fistulae or disease-related malnutrition
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Preferred ONS First line: powdered shakes for primary care		
	Nutritional content	Cost per unit
Aymes® Shake	388 kcals 15.7g protein	61p
Aymes® Shake starter pack	388 kcals 15.7g protein	95p
Foodlink® Complete	386kcals 18.5g protein	61p
Foodlink® Complete starter pack	386kcals 18.5g protein	62p

- A one week prescription or starter pack should always be prescribed initially to avoid wastage. Do not prescribe starter packs for on-going use because of increased cost.
- Starter packs are also available from manufacturers free of charge.
- These products need to be mixed to the manufacturer's instructions with 200mls full fat milk.

Preferred ONS second line: liquid ONS for primary care		
	Nutritional content	Cost per unit
Aymes® Complete	300 kcals 12g protein	£1.12
Aymes® Complete Starter pack	300 kcals 12g protein	£1.40
Ensure® Plus Milkshake Style	330kcal 11.2g protein	£1.12
Ensure® Compact	300kcal 12.8g protein	£1.35

- Second line should only be used when clinically indicated e.g. the patient is fed via an enteral feeding tube, has lactose intolerance or CKD stages 5.
- Compact products should only be used where volume is a problem.

NHS Trusts may use other products but these should only be continued following hospital discharge with written correspondence from the dietitian.

Specific patient groups

Residents of catered residential or nursing homes	DO NOT prescribe ONS for residents of catered care and nursing homes, unless they have special nutritional requirements as detailed in section 6.
Patients discharged from hospital with ONS	DO NOT automatically prescribe ONS. Patients who are discharged from hospital with ONS in the absence of any written correspondence from the hospital dietitians, patients should not be given nutritional supplements post-discharge.
Nutritional management in early palliative care	Assess and manage in line with this guidance.
Nutritional management in late palliative care	Do not routinely prescribe ONS. Goal of nutrition should NOT be weight gain or reversal of malnutrition, but quality of life.