

Adult Oral Nutritional Supplement (ONS) Formulary (July 16)

(More specialist metabolic feed/products not included)

First line products	Specialist – under guidance of dietitian/secondary/tertiary care
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This formulary details the adult oral nutritional supplements permitted for use in the hospital and in the community setting.

Note: The designated categories (green, amber etc) only apply if the prescription is intended for use in the community via FP10.

Due to separate contractual arrangements in place for the supply of products to the hospital, the designated categories do not apply to prescribing for inpatients at the hospital. The choice of product from the list for use only within the hospital remains the clinical decision/recommendation of the hospital dietitians.

Products Available to Buy Over the Counter/Online and an Option if Patient Does Not Meet ACBS Criteria			
Type	Product	Unit	Comments
Powder Milkshake	Complan®	4 x 55g sachets	Make up with whole milk
Powder Soup	Complan® Chicken	4 x 55g sachets	Make up with whole milk
Powder Milkshake	Aymes® Retail	4 x 38g sachets	Make up with whole milk <i>(Patient may need to order from pharmacies)</i>
Powder Soup	Aymes® Retail Chicken	4 x 49g sachets	Make up with whole milk <i>(Patient may need to order from pharmacies)</i>
Powder Milkshake (aimed at older generation)	Meritene® Energis® Shake	270g tin or 15x30g sachets 1 portion = 30g	Instructions are to prepare with semi skimmed milk – 200 calories per sachet. <i>Suggest prepare with whole milk (Order from online pharmacies)</i>
Powder Soup (aimed at older generation)	Meritene® Energis® Chicken Soup	10x50g sachets	Instructions are to prepare with 150ml hot water – 207calories per sachet <i>Suggest prepare with whole milk (Order from online pharmacies)</i>

RTD = Ready To Drink

Complete Adult Oral Nutritional Supplements Formulary

Author: Ruth Hammond, Dietitian

Approved: MKPAG July 2016

Review: Every 2 years

Dietitian to provide clinical reason(s) why a non-first line product is required in community

Note: Community tube fed (e.g. PEG) patients who are bolus fed in whole or part using ONS will require the enteral feed contract version of ONS if available – follow the guidance provided by the dietitian with regard to the ONS to prescribe.

First Line Products for Primary Care – Provided ACBS Approved			
Type	Product	Unit	Comments
Milkshake Powder	Aymes® Shake	7 x 57g sachets <i>(Sample pack is more expensive - 5 sachets)</i>	Make up with whole milk Check patient/carers able to prepare
	Ensure® Shake	7 x 57g sachets	
RTD Milkshake Style	Aymes® Complete	4 x 200ml bottles	
	Ensure® Plus Milkshake Style	220ml bottle	
	Fresubin® Energy	200ml bottle	
RTD Compact Milkshake	Ensure® Compact	4 x 125ml bottles	If poor drinker
	Altraplen® Compact		
RTD Juice Style	Ensure® Plus Juice	220ml bottle	Primary care should avoid initiating this type if patient has diabetes
	Fresubin® Jucy	4 x 200ml bottles	
RTD Savoury (Soup)	Ensure® Plus Savoury	220ml bottle	

Products for Issue Under the Guidance of the Dietitian/Secondary/Tertiary Care (if First Line Products are not Appropriate) - Provided ACBS Approved			
Type	Product	Unit	Comments
RTD Milkshake Style	Fortisip® Bottle	200ml bottle	Alternative second line product
RTD Milkshake Style <u>with Fibre</u>	Ensure® Plus Fibre	200ml bottle	Primarily used in acute setting and community tube fed patients who are bolus fed
RTD Milkshake Style – <u>High Protein</u>	Altraplen® Protein	200ml bottle	300kcal & 20g protein/200ml
	Fortisip® Extra	200ml bottle	320kcal & 20g protein/200ml Primarily used for community tube fed patients who are bolus fed and have very low calorie needs. <i>It is higher in micronutrients than Altraplen® Protein but is more expensive and is not suitable as a sole source of nutrition</i>

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Products for Issue Under the Guidance of the Dietitian/Secondary/Tertiary Care (if First Line Products are not Appropriate) - Provided ACBS Approved			
Type	Product	Unit	Comments
RTD Milkshake Style – <u>High Protein & Higher Calorie</u>	Fresubin® 2kcal Drink	200ml bottle	More cost effective option in community than Ensure® TwoCal
	Ensure® TwoCal	200ml bottle	Primarily used in acute setting and community tube fed patients who are bolus fed
RTD Milkshake Style – <u>High Protein & Higher Calorie with Fibre</u>	Resource® 2.0Fibre	200ml bottle	
	Fresubin® 2kcal Fibre Drink	200ml bottle	
RTD <u>Compact</u> Milkshake (Low Volume)	Fortisip® Compact	4 x125ml bottles	Refer to First Line Products for more cost effective options
RTD <u>Compact</u> Milkshake (Low Volume) <u>with Fibre</u>	Fortisip® Compact Fibre	4 x 125ml bottles	
RTD <u>Compact</u> Milkshake (Low Volume) <u>High Protein</u>	Fortisip® Compact Protein	4 x 125ml bottles	
Very High Energy Milkshake Powder	Enshake®	6 x 96.5g sachets	Enshake (<u>not</u> the same as <i>Ensure Shake</i>) is the most cost effective high energy powder shake and the highest in protein compared to Scandishake and Calshake
	Scandishake®	6 x 85g sachets	
	Calshake®	6 x 87g/90g sachet	
RTD Juice Style	Fortijuice®	200ml bottle	Refer to First Line Products for more cost effective options
RTD Yoghurt Style	Ensure® Plus Yoghurt Style	220ml bottle	(RTD) Primarily used in acute setting
Savoury (Powder Soup)	Vitasavoury®	10 x 50g sachets	Refer to First Line Products for more cost effective options

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Products for Issue Under the Guidance of the Dietitian/Secondary/Tertiary Care (if First Line Products are not Appropriate) - Provided ACBS Approved			
Type	Product	Unit	Comments
Pre-Thickened Milkshake Style <i>(For people with dysphagia who have been recommended thickened fluids by an SLT and who also need an ONS)</i>	Fresubin® Thickened Stage 1 (syrup)	4 x 200ml bottles	These are a safer and more palatable option than trying to thicken ordinary ONS.
	Fresubin® Thickened Stage 2 (custard)		
	Nutillis® Complete Stage 1	4 x 125ml bottles	
	Nutillis® Complete Stage 2	4 x 125g pots	
Dessert Style (Milk Based) <i>May also be suitable for people with dysphagia who have been recommended Stage 3 consistency (pudding thick) fluids by an SLT and who also need an ONS</i>	Nutricrem®	4 x 125g pots	225kcal & 12.5g protein/pot = most cost effective high kcal & high protein per pot
	Ensure® Plus Crème	4 x 125g pots	Primarily used in acute setting ~170kcal & ~7g protein/pot
	Fresubin® 2kcal Crème	4 x 125g pots	(~250kcal & 12.5g protein/pot)
Dessert Style (Fruit Based) <i>Also suitable as Stage 3 consistency (pudding thick) fluids as above</i>	Nutillis® Fruit Stage 3	3 x 150g pots	~200kcal & 10.5g protein/pot, higher fibre than other desserts <i>but higher volume and significantly more expensive</i>

Dietitian to provide clinical reason(s) why a non-first line product is required in community

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Products for Issue Under the Guidance of the Dietitian/Secondary/Tertiary Care (if First Line Products are not Appropriate) - Provided ACBS Approved			
Type	Product	Unit	Comments
High Energy, Low Volume, Fat Based Liquid <i>(for patients who don't tolerate standard ONS with poor food and fluid intake)</i>	Fresubin® 5kcal Shot (no protein)	120ml bottle	500kcal/100ml <i>Typical dose is 4x30ml daily</i>
	Calogen® (no protein)	200ml & 500ml bottles	450kcal/100ml <i>Typical dose is 3x30ml daily</i>
	Calogen® Extra (added protein, vitamins & minerals)	200ml bottle	400kcal/100ml <i>Typical dose is 3x40ml daily</i>
	Calogen® Extra Shots	6x40ml pots	400kcal/100ml <i>Typical dose is 3x40ml daily</i>
High Energy, Low Volume, Protein & Carbohydrate Based Liquid <i>(for patients who don't tolerate standard ONS with poor food and fluid intake) – added protein here, albeit only 2g/30ml</i>	Pro-Cal® Shot	6 x 120ml bottles (250ml bottles discontinued) (2 x 120ml starter pack)	334kcal/100ml <i>Typical dose is 4x30ml daily</i>
Powder Fortifier	Pro-Cal® (Carbohydrate, protein and fat powder fortifier – can be added to foods & drinks)	Available in 25x15g sachets, 510g tub, 1.5kg tub, and ≥ 12.5kg tub	667kcal/100g <i>Food and drink fortification can be achieved from food first principles – questionable need for Pro-Cal® for this purpose</i>
Specialist High Protein Fortifiers <i>For patients with increased protein needs – e.g. cancer cachexia, wound healing, renal dialysis, fluid restricted patients with high protein demands, tube feeding (not ProSource Jelly)</i>	Protifar® (Powdered, unflavoured, high protein supplement)	225g tin	Primarily used to top up tube feed protein provision 373kcal & 88.5g protein/100g
	ProSource® Liquid (Low volume, low electrolyte, high protein liquid)	30ml sachet	10g protein & 100kcal/30ml
	ProSource® Plus (Low volume, low electrolyte, higher protein liquid)	30ml sachet	15g protein & 100kcal/30ml
	ProSource® Jelly (High protein, carbohydrate-free jelly)	118ml pot	20g protein & 90kcal/118ml

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Type	Product	Unit	Comments
Specialist RTD ONS with Modified Micronutrient Levels	Nepro® HP	220ml bottle	For patients with renal disease/requiring electrolyte & fluid restrictions
Specialist ONS for <u>Patients with Inflammatory Bowel Disease</u>	Elemental 028® Extra Liquid	250ml carton	RTD elemental ONS
	Vital® 1.5kcal	200ml carton	RTD peptide based ONS
	Peptamen®	4x200ml bottle	RTD peptide based ONS
	Modulen® IBD	400g can	Whole protein powder Follow exact prescription requested by dietitian/gastroenterologist as differing concentrations possible with regard to the ratio of feed to fluid it is mixed with - according to nutritional needs

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