



- **Before prescribing ONS**, it is advisable to screen a patient to assess their requirements using the [MUST tool](#).
- When introducing ONS to patients for the first time, **prescribe a small number of assorted flavours as an acute prescription or order a sample direct from the manufacturer**. Links direct to manufacturers sample pages can be found next to individual products in the table below.
- **NB CARE HOMES** – The Health & Social Care Act 2008: Regulation 14 states that care homes are expected to provide nutrition and hydration to meet residents needs. Resources to support care homes to achieve this can be found here. [Care Home Digest - British Dietetic Association \(BDA\)](#) & [Creating a fortified diet recipe book](#) & [Nourishing Drinks Recipes](#) If ONS are required, powdered supplements are always the preferred option unless clear justification for a ready made supplement AND only if a resident has MUST score of 2 or more and is not improving with FOOD FIRST advice.
- ONS prescribed while in hospital may be included in the discharge summary. However, if there is no clear communication on treatment aim, duration and plan for review, the need for ONS should be reviewed in line with local guidance.

This formulary outlines the first line and specialist ONS suitable for prescribing by GP's, Nurses and Dietitians. Please refer to the specific column headings for further details.

First line ONS (Green Traffic Light) Appropriate for initiation in both primary and secondary care. These are suitable for prescribing by dietitians, GPs and nurses. The **first listed option is considered preferred choice**. 'Powder style' is preferred to 'ready to drink'. Consider whether patient has access to milk and ability to make up powdered drink.

Specialist initiated ONS (Amber Traffic Light) Can be prescribed in primary care only on the recommendation of a dietitian or specialist nurse with a review plan in place.

Please contact a dietitian regarding any of the following:

- higher calorie and/or high protein supplements
- supplements for those requiring thickened fluids,
- supplements containing solely fat, carbohydrate or protein
- supplements for specific conditions (e.g. renal patients)

- The patient's clinical condition should fall within the Advisory Committee on Borderline substances (ACBS) approved categories for prescribing nutritional supplements:
 - *Short bowel syndrome, intractable malabsorption, pre-operative preparation of undernourished patients, proven inflammatory bowel disease, following total gastrectomy, bowel fistulas, disease related malnutrition.*
- Please note, not all ONS are approved for use in all ACBS categories. Refer to [BNF](#) for the more specific indications which apply to individual products (such as dysphagia and age-related restrictions)
- The clinical benefits of ONS are often observed with >400kcal/day (e.g. 2 standard ONS or 1 ONS serving with >400kcal) with benefits seen in the community typically within 2-3 months of supplementation. However, this may be shorter or longer (up to 1 year) according to clinical need.

For further information, see [NICE CG32](#) Nutrition Support in Adults.

Please also see [BSW Formulary section 9.4.2 Enteral nutrition](#)

**Powdered MILKSHAKE style ONS (to be mixed with 200ml full fat milk)**

Consider whether patient has access to milk and ability to make up the drink with milk. Consider cost to patient. Not suitable for those with lactose intolerance.

| Product Name | Unit (number per box) | No. per 28 days/Volume | Nutritional information/sachet made with 200mls full fat milk | Cost per 28 days |
|---|-----------------------|----------------------------|--|------------------|
| Aymes Shake (2/day) <i>banana, chocolate, natural, strawberry, vanilla & Ginger</i> Samples here | 57g sachet (7) | 56 sachets 8 packs of 7 | 383 kcal 19 g protein 200 ml fluid Contains lactose | £29.12/bd |
| Foodlink Complete (2/day) <i>banana, chocolate, natural, strawberry, vanilla</i> Samples here | 57g sachet (7) | 56 sachets 8 packs of 7 | 386 kcal 17.2 g protein 200 ml fluid Contains lactose | £32.48/bd |

Ready to drink MILKSHAKE style ONS. Prescribe patient's preferred flavours (200ml bottle)

For those unable to use powdered milkshakes but can tolerate larger volumes.

| Product Name | Unit (number per box) | No. per 28 days/Volume | Nutritional information/bottle | Cost per 28 days |
|--|-----------------------|------------------------|---|------------------|
| Altraplen Energy (2/day) <i>chocolate, banana, strawberry, vanilla</i> Samples here | 200ml bottle | 56 bottles 11,200ml | 300 kcals 12 g protein 200 ml fluid Lactose free | £55.44/bd |
| Fortisip bottle (2/day) <i>Neutral, vanilla, chocolate, banana, strawberry</i> Samples here | 200 ml bottle | 56 bottles 11,200ml | 300 kcals 12 g protein 200 ml fluid Lactose free | £78.40/bd |



| COMPACT style ONS. Prescribe patient's preferred flavours For those who require smaller volumes or with fluid restrictions | | | | |
|--|--------------------------------------|-----------------------------------|---|-------------------------|
| Product Name | Unit (number per box) | No. per 28 days/Volume | Nutritional information/sachet or bottle | Cost per 28 days |
| Aymes Shake Compact (2/day) Banana, chocolate, natural, strawberry, vanilla & ginger Samples here | 57g sachet (7) | 56 sachets 8 packs of 7 | Made up with 100ml full fat milk 320 kcal 15 g protein 100 ml fluid Contains Lactose *Consider whether patient has access to milk and ability to make up the drink with milk. *Consider cost to patient | £29.12/bd |
| Fortisip Compact (2/day) Banana, chocolate, strawberry, mocha, neutral, vanilla Samples here | 125 ml bottle | 56 bottles 7000 ml | 300 kcals 12 g protein 125 ml fluid Contains lactose | £92.40/bd |
| Altraplen Compact (2/day) Vanilla, strawberry, hazel-chocolate, banana Samples here | 125 ml bottle | 56 bottles 7000 ml | 300 kcals 12 g protein 125 ml fluid Lactose free | £87.36/bd |
| ONCE DAILY Preparation. To be prescribed as OD dose – Split into 125ml BD | | | | |
| Altraplen Compact DAILY (1/day) Vanilla, strawberry, hazel-chocolate, banana Samples here | 250 ml Bottle | 28 bottles 7,000 ml | 600 kcals 24g protein 250ml fluid Lactose free | £44.80/od |



| JUICE style ONS if products above are contraindicated Includes powdered style and ready to drink options Not suitable for people with diabetes without prior discussion with specialist/dietitian | | | | |
|--|-----------------------------|----------------------------|---|------------------|
| Product Name | Unit (number per box) | No. per 28 days/Volume | Nutritional information/bottle | Cost per 28 days |
| Aymes ActaSolve smoothie (2/d) Pineapple, mango, peach, strawberry & cranberry TO BE MADE UP WITH 150mls Water Samples here | 66 g sachet (7) | 56 sachets 8 packs of 7 | 297 kcals 11 g protein 150 ml fluid Lactose free | £60.48/bd |
| Aymes Actagain Juice (2/day) Juicy apple, zesty orange, berry medley, exotic fruit & juicy peach | 200 ml | 56 bottles 11,200ml | 300 kcals 11g protein 64g carbohydrate 200ml Lactose free | £95.20/bd |
| Altrajuice (2/day) Apple, blackcurrant, orange, strawberry | 200 ml | 56 bottles 11,200ml | 300 kcals 8g protein 67g carbohydrate 200ml Lactose free | £105.84/bd |

**MILKSHAKE style HIGH PROTEIN ONS.**

Includes powdered style and ready to drink options

| Product Name | Unit (number per box) | No. per 28 days/Volume | Nutritional information/bottle | Cost per 28 days |
|---|-----------------------|----------------------------|---|-------------------------|
| Aymes Shake (2/day) <i>banana, chocolate, natural, strawberry, vanilla & Ginger</i> Samples here | 57g sachet (7) | 56 sachets 8 packs of 7 | 383 kcal 19 g protein 200 ml fluid Contains lactose | £29.12/bd |
| Aymes ActaGain 2.4 Complete Maxi (1-2/day) <i>Vanilla, strawberry, banana</i> | 200 ml bottle | 28 bottles 5600 ml | 480 kcals 19.2g protein 200ml fluid Lactose free | £48.16/od £96.32/bd |
| Fresubin 3.2 kcal (1-2/day) <i>Hazel, mango, vanilla-caramel</i> | 125 ml bottle | 56 bottles 7000 ml | 400 kcals 20 g protein 125 ml fluid Lactose free | £69.72/od £139.44/bd |
| Fortisip Compact Protein (2/day) <i>vanilla, cool red fruits, hot tropical ginger, neutral, banana, mocha, strawberry, peach-mango, berries</i> | 125 ml bottle | 56 bottles 7000 ml | 300 kcals 18 g protein 125 ml fluid Contains lactose | £140.00/bd |

MILKSHAKE style PLUS FIBRE ONS. Prescribe patient's preferred flavours

Contains fibre, consider for those with constipation

| Product name | Unit (number per box) | No. per 28 days/Volume | Nutritional information/bottle | Cost per 28 days |
|--|-----------------------|----------------------------|---|------------------|
| Foodlink Complete Powder with Fibre (2/day) <i>Banana, chocolate, natural, strawberry, vanilla</i> | 63g sachet (7) | 56 sachets 8 packs of 7 | 413-421 kcals 18.5-19.7g protein 4.5-4.7g fibre Contains lactose | £53.20/bd |
| Ensure Plus Fibre (2/day) <i>Banana, strawberry, chocolate, raspberry, vanilla</i> | 200ml bottle | 56 bottles 11,200 ml | 310 kcals 12.5g protein 5g fibre 200ml fluid Lactose free | £166.32/bd |



DYSPHAGIA LEVEL 4 ONS

BSW ICB Position statement on prescription of dessert style ONS

| Product Name | Unit (number per box) | No. per 28 days/Volume | Nutritional information/pot | Cost per 28 days |
|---|-----------------------|------------------------|---|------------------|
| Nutricrem (2/day) <i>Chocolate-orange, strawberry, vanilla, mint-chocolate</i> | 125 g pot | 56 desserts 7000 | 225 kcals 12.5 g protein Lactose free | £128.24/bd |
| Nutlis Fruit Dessert Level 4 (2/day) <i>Apple, strawberry</i> | 150 g pot | 56 desserts 8400ml | 206 kcals 10.5 g protein Lactose free | £180.88/bd |

Additional Notes:

- Lactose free: Products listed above as 'lactose free' all contains <1g lactose/100ml.
- If you have queries regarding the prescribing of any of these products, please ask for justification from the Dietitian directly, or consult the BSW Medicines Optimisation Dietitian on bswicb.prescribingsupportdietitians@nhs.net
- It is expected that all requests for ONS should include the following where possible; ACBS criteria, weight, BMI, % weight loss, aim of treatment, expected duration and review plan.
 - Where 'disease related malnutrition' is the ACBS criteria, it must be documented that food-based strategies for managing malnutrition have been advised and trialed before ONS have been requested.
 - Where non-formulary or AMBER (specialist) choices are being requested by a Dietitian, these will be prescribed when the above information is included. The request must also clearly explain how green or preferred formulary choices do not meet their patients requirements.
- This list is not exhaustive and does not include any specialist metabolic products, such as low protein products or products specific to chronic liver or renal disease. These should be prescribed following the guidance of the recommending dietitian or clinician.

Bath Community Dietitians – St. Martins Hospital, BA2 5RP, 01225 833916, ruh-tr.referralssmhdietitians@nhs.net
 Swindon Community Dietitians – Eldene Health Centre, SN3 3RZ, 01793 646232, gwh.swindoncommunitydietitians@nhs.net
 Wiltshire Community Dietitians – Chippenham Community Hospital, SN15 2AJ, 01249 456512, whc.wiltshiredietetics@nhs.net