

Position Statement on the prescription of oral nutritional supplements (ONS) following hospital discharge



Bath and North East Somerset,
Swindon and Wiltshire Together

- Patients should not be routinely discharged from hospital on ONS without dietetic assessment and review process/plan or treatment aim in place. They may have required ONS whilst acutely unwell or recovering from surgery, but once home and eating normally ONS may not be required.
- **If a dietitian has sent a letter requesting a specific ONS please prescribe as advised.**
- In cases where ONS are deemed appropriate post-discharge without a dietitian's letter or guidance, please follow guidance below for switching to a cost-effective & clinically equivalent ONS. Risk of malnutrition should be assessed as per local malnutrition pathway [here](#)

If your patient requires thickened fluids, please check with a Dietitian before prescribing oral nutritional supplements

ONS initiated in Secondary Care

Recommended oral nutritional supplements in BSW Primary Care

Fortisip Bottle
(200ml)



1. **Aymes Shake sachet*** (made up with 200ml whole milk)
*Suitable if access to milk and capable of making up a milkshake, not suitable for individuals with milk allergy/lactose intolerance or with CKD 4/5

2. Altraplen Energy (200ml Tetra Pak)

Fortisip Compact
(125ml)

Fortisip Compact
Protein (125ml)



1. **Aymes Shake Compact sachet*** (made up with 100ml whole milk)
*Suitable if access to milk and capable of making up a milkshake, not suitable for individuals with milk allergy/lactose intolerance or with CKD 4/5

2. Altraplen Compact Daily** (250ml Tetra Pak)
1 x 250ml Tetra Pak Altraplen Compact Daily is the same as 2 x 125ml compact ONS which can be split into 2 x 125ml servings or sipped throughout the day.

**Once opened, patients should be advised to consume within 12 hours or refrigerate and use within 24 hours

Should individuals not improve on first line oral nutritional supplements please consider referring onwards to community dietetics

Swindon swin.communitydietitians@HCRGCareGroup.com

Wiltshire wilts.dietetics@HCRGCareGroup.com

BaNES ruh-tr.referralsmhdietitians@nhs.net

Please contact bswicb.prescribing@nhs.net with any queries related to oral nutritional supplement prescribing.

Produced in collaboration with Dietitians working across Bath, Swindon & Wiltshire