

## **Recommendations for healthcare professionals on the preferred oral supplements to prescribe in the community for patients with advanced chronic kidney disease (not for patients receiving dialysis)**

### **Introduction:**

People with advanced chronic kidney disease (CKD) may experience poor appetite and weight loss due to uraemic symptoms.

Flesh weight loss may be masked by fluid retention in this patient population

### **Aims:**

- To provide conservative / palliative nutritional support
- To avoid uraemic symptoms e.g. nausea, vomiting, taste changes associated with elevated blood urea level e.g. >30mmol/l

### **1. Rationale for suitable oral supplements (please refer to Table 1):-**

- a) Energy (calorie) content: 200 – 600Kcal
- b) Protein content: 0 – 13g maximum (Nb nutritionally complete sip drinks, containing protein, should be used as a meal replacement)
- c) Electrolyte content / portion: Potassium: 0 - 10mmol, Phosphate: 0 - 6mmol

Nb This is a guide for some of the supplement drinks available. There are supplement desserts also available which may need to be tried in cases where the drinks are not liked or tolerated.

### **Additional Information:**

**Daily energy requirement: 30 – 35kcal/Kg (ideal body weight)**

**i.e. Ideal Body Weight = Body Mass Index (BMI): 20 – 25Kg/m<sup>2</sup>**

**Daily protein intake: 0.6 - 0.8g/Kg ideal body weight (IBW)**

Nb this refers to oral intake from both normal diet + supplements

### **Please note:**

#### **Enteral tube feeding in the community**

If a patient is receiving enteral (tube) feeding it may be appropriate for their tube feed regime to be reviewed, in line with advanced CKD recommendations.

If such a situation occurs please liaise with a community dietitian in the first instance, who can then contact a renal dietitian for advice

**Table 1:** Examples of Suitable “ACBS” approved Supplements to be Prescribed for People with advanced CKD (Not for Dialysis)

Company	Supplement Name	Volume	Nutrient Content of Nutritional Supplements				
			Energy (kcal)	Protein (g)	Na mmol	K mmol	PO <sub>4</sub> mmol
FRESENIUS KABI	*Fresubin - Original	200ml	200	7.6	6.6	6.4	3.0
	- Energy	200ml	300	11.2	7.2	7.0	5.4
	*Fresubin Jucy	200ml	300	8	8.2	2.6	1.6
	<b>Energy dense only supplement</b> (these can be used in combination with nutritionally complete drinks)						
	Fresubin 5kcal	120ml	600	0	trace	trace	trace
			Energy (kcal)	Protein (g)	Na mmol	K mmol	PO <sub>4</sub> mmol
NUTRICIA	*Fortisip bottle	200ml	300	11.8	7.8	8.2	5.0
	*Fortisip Compact	125ml	300	12	5.2	7.5	7.0
	*Fortijuice	200ml	300	8	0.6	0.4	0.8
	<b>Energy dense only supplement</b> (these can be used in combination with nutritionally complete drinks)						
	Calogen <b>NOT</b> Calogen extra shot	90ml	405	0	0.3	---	---
			Energy (kcal)	Protein (g)	Na mmol	K mmol	PO <sub>4</sub> mmol
AMYES	*Complete	200ml	300	12	7.0	7.6	5.8
NUALTRA	*Altraplen Compact <b>NOT</b> Altraplen Compact <u>DAILY</u>	125ml	300	12	5.5	7.7	6.5
Abbott Nutrition	*Ensure compact	125ml	300	13	7.9	6.9	6.9

\*These supplements are nutritionally complete, i.e.fortified with vitamins and minerals

Nb Fresubin jucy and Fortijuce are juice based  
Example of nutritional supplement prescriptions:

**1. Energy dense supplement (Fresubin 5Kcal or Calogen):**

Scenario: When a patient is eating meals but losing weight

**Dose:** 30 - 40ml

**Timing:** To be given AFTER meals to avoid suppressing the appetite

**Frequency:** 3 times daily Maximum

Nb: For uraemic patients try energy dense supplement as first line

**2. Nutritionally Complete supplement (e.g. any of the options (\*) in Table 1)**

Scenario: If a patient is eating minimal amounts or missing a meal completely

**Dose:** 125ml or 200ml (1 bottle of milk based or juice based drink)

**Timing:** Meal times: Breakfast, Lunch, Evening meal

**Frequency:** 3 bottles daily Maximum (when no oral diet is taken)

This information was produced by

Dawn Yokum

Renal supportive care dietitian

Tel no: 020 359 41189/90

Renal Dietitians:email: [bartshealth.RLHrenaldietitians@nhs.net](mailto:bartshealth.RLHrenaldietitians@nhs.net)