

Requesting supplements for Tower Hamlets patients in the community

	Product	Presentation	Suggested request	Energy content	Flavours	Price
1st Choice	Aymes Shake	7 x 57g sachet	2 x sachets /day made with full fat milk	1.7kcal/ml - (Provides 383kcal, 19g protein)* Based on strawberry flavour	Available in 6 flavours – neutral, strawberry, chocolate, banana, ginger, vanilla	£3.64 per pack
If ready-made product needed	Aymes Complete (Aymes)	4 x 200ml bottle	2 x bottles/day	1.5kcal/ml (Provide 300kcal, 12g protein)	Available in Vanilla, Strawberry, Banana or Chocolate flavour	£4.44 per pack
If low volume product needed	Altraplen Compact (Nualtra)	4 x 125ml bottle	2 x bottles/day	2.4kcal/ml - (provides 300kcal, 12g protein)	Available in Strawberry, Vanilla, Banana or Hazel Chocolate flavour	£5.56 per pack
If higher protein product needed	Altraplen Protein (Nualtra)	4 x 200ml bottle	2 x bottles/day	1.5kcal/ml (provides 300kcal, 20g protein)	Available in Strawberry or Vanilla flavour	£7.32 per pack
If juice style or low-fat product needed	Fresubin Jucy (Fresenius Kabi)	4 x 200ml bottle	2 x bottles/day	1.5kcal/ml (Provides 300kcal, 8g protein)	Available in apple, pineapple, blackcurrant, orange and cherry flavour	£8.04 per pack

A request letter must be emailed by a dietitian – please do not use ‘TTAs’ to request supplements if patient seen as inpatient, as these will be stopped on discharge

- Ensure ACBS indication stated, and clear rationale for supplement use given
- Give timeframe for prescription (Ideally prescribe enough to last the specified timeframe – eg. BD for 1 month – **prescribe 56 x 200mL bottles ONLY** – this avoids repeat prescriptions)
- Dietetic follow up should be arranged (please give reason if not)
- Please copy prescribing team into email when sending - bhnt.nutritionprescribing@nhs.net

The following Products should not be requested as primary ONS support.

- Calshake/Scandishake or similar
- Calogen/Fresubin 5kcal shot/Procal Shot/Calogen Extra
- Fortisip Compact Protein
- Maxijul/Procal Powder or similar powdered energy supplements
- Any ‘pudding style’ supplement (such as Yocrema)
- Any ‘soup style’ supplement (such as Vitasavoury)
- Fresubin 2kCal
- Fresubin Energy (or variants)

If you have ANY questions, contact prescribing dietitian (Mon-Fri) via email on bhnt.nutritionprescribing@nhs.net