

Quick Reference 1: ORAL NUTRITIONAL SUPPLEMENT PRODUCT GUIDANCE FOR GENERAL PRACTITIONERS AND PRIMARY CARE CLINICIANS

(Available to upload on EMIS as a template)

ONS PRESCRIBING CRITERIA											
1. High Risk of Malnutrition e.g., MUST ≥ 2 MUST Calculator 2. *ACBS Indicated – see below box in right side column. 3. Food based treatment trialled for one month including homemade nourishing drinks or ‘over the counter’ supplements e.g., Complan or Meritene. 4. Assess and support regarding the underlying cause of malnutrition (see Appendix 1)											
If patient does not meet criteria for ONS Prescription: Recommend food-based treatment, home nourishing drinks and OTC supplements. See NEL website for resources.											
Commencing and Reviewing ONS Prescription	*Advisory Committee on Borderline Substances (ACBS) Indicators (BNF, 2020)										
- Identify clear goals of ONS Prescription Acute 4-week prescription Review goals prior to re-issuing Goals met: discontinue ONS; review MUST score in one month Goals not met: Continue ONS and review in one month and, Refer to local dietitian if concerns continue	<table border="0"> <tr> <td>☐ Disease Related Malnutrition</td><td>☐ Dysphagia</td></tr> <tr> <td>☐ Short Bowel Syndrome</td><td>☐ Proven inflammatory bowel disease</td></tr> <tr> <td>☐ Intractable malabsorption</td><td>☐ Haemodialysis</td></tr> <tr> <td>☐ Pre-operative preparation of undernourished patients</td><td>☐ CAPD</td></tr> <tr> <td>☐ Following total gastrectomy</td><td>☐ Bowel Fistulas</td></tr> </table>	☐ Disease Related Malnutrition	☐ Dysphagia	☐ Short Bowel Syndrome	☐ Proven inflammatory bowel disease	☐ Intractable malabsorption	☐ Haemodialysis	☐ Pre-operative preparation of undernourished patients	☐ CAPD	☐ Following total gastrectomy	☐ Bowel Fistulas
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ONS not listed in this product guidance should only be prescribed if recommended by a dietitian following assessment. Clear justification that an alternative ONS is required should be communicated to the GP by the dietitian.											

1 FIRST LINE: Patient meets criteria for ONS prescription: Prescribe Powdered ONS

ACUTE 28 DAY PRESCRIPTION AND REVIEW PRIOR TO RE-ISSUING

Product Name	Kcal /serve	Protein (g) /serve	Unit Size	Pack Size	Volume to Prescribe
Powdered ONS – high calorie, high protein and a range of vitamins and minerals. Not nutritionally complete.					
☐ AYMES Shake*	386	19	☐ 57g	399g	57g Twice daily for 28days Total volume 3,192g No of packs: 8x399g
☐ Foodlink Complete*	385	19	☐ 57g	399g	
*Not nutritionally complete Foodlink Complete: ● For a compact volume: Prepare with 125ml full fat milk (provides ~ 335kcal, 15.8g protein) ● Fibre enriched/high protein: Foodlink Complete Fibre also available (418kcal, 18.5g protein, 4.5g fibre)					

- **Aymes shake compact:** Prepare with 100ml full fat milk (provides 318kcal, 15g protein)



2 SECOND LINE: If powdered ONS is not tolerated or not suitable for the patient, trial a Milkshake Style ONS

Product Name	Kcal /serve	Protein (g) /serve	Unit Size	Pack Size	Volume to Prescribe
Milkshake Style – nutritionally complete bottled ONS					
☐ Altraplen Energy	300	12	☐ 200ml	800ml	200ml Twice daily for 28days Total volume: 11,200ml No of packs: 14x800ml
☐ Actagain 1.5 Complete	300	12	☐ 200ml	800ml (4/pack)	



3 THIRD: If the patient is unable to complete the ~200ml volume of Milkshake Style ONS AND unable to prepare Foodlink Powder with 125ml full fat milk or Aymes shake compact with 100ml full fat milk, prescribe a compact bottle ONS

Product Name	Kcal /serve	Protein (g) /serve	Unit Size	Pack Size	Volume to Prescribe
Compact Style – low volume/compact nutritionally complete ONS					
☐ Acta Gain 600	600	24	☐ 250ml	750ml	250ml Once daily for 28 days Total volume 7000ml No pf packs: 10x750ml
☐ Altraplen Compact Daily	600	24	☐ 250ml		

***Powdered ONS/OTC supplements considerations: ***

Dysphagia • Limited dexterity & inability to prepare • Cow's milk allergy or intolerance (check company allergen information) • Under 6 years • Galactosemia • Require thickened fluids • Not suitable for enteral feeding tubes • Patients with renal disease should be assessed by a dietitian prior to prescribing a powdered ONS or OTC supplements

ONS Product Guidance to be utilised in conjunction with full guidelines: Guidelines on the Identification, Treatment and Management of Malnutrition in Adults, including the Appropriate Prescription of ONS. Review date: Dec 2027