

NHS Borders

Joint Prescribing Formulary

Oral Nutritional Supplements

Important Information:

In addition to the disclaimer on NHS Borders website the following information is included confirming that the information contained in NHS Borders Joint Prescribing formulary is drawn from several sources, including BNF & BNF for children, product SPCs, local and national guidelines, local expert opinion, Lothian Joint Formulary and these are all gratefully acknowledged here.

NHS Borders has done its utmost to ensure the information in the BJF is accurate and reliable, but NHS Borders cannot guarantee that the information is complete and accurate. Prescribers are referred to the SPCs, BNF and BNF for children to confirm prescribing information.

Background

Oral Nutritional Supplements (ONS) are commonly used for the treatment of malnutrition. Guidance was developed by a national short life working group on behalf of NHS Scotland on 'Appropriate prescribing of Oral Nutritional Supplements in Adults'

(See full guideline here - <http://intranet/resource.asp?uid=18169>). This guidance should be followed by any health professional prescribing ONS.

Key Points

- Oral Nutritional Supplements (ONS) should not be used as a first line treatment for the management of malnutrition. Instead a food first approach should be taken and patients should be given information on how to fortify their diet (see links below).
 - [Eating well at home](#)
 - [Nourishing drinks](#)
- People should be referred to a Dietitian before they are prescribed ONS
- The 6 key steps to prescribing should be followed for all patients being considered for a prescription of ONS
- Some products may not be appropriate for patients with certain medical conditions e.g. chronic kidney disease, diabetes or those who are pregnant or at risk of refeeding syndrome
- The Advisory Committee for Borderline Substances (ACBS) states that patients prescribed ONS must meet one of the criteria below
 - Disease related malnutrition
 - Intractable malabsorption
 - Preoperative preparation of malnourished patients
 - Proven inflammatory bowel disease (IBD)
 - Short bowel syndrome
 - Bowel fistula
 - Following total gastrectomy
- The treatment goals of ONS should be agreed with the patient (e.g. promote weight gain, reduce weight loss, improved wound healing, improved strength or mobility) and should be clearly documented at the start of treatment. Patients should be reviewed regularly and ONS should be stopped if
 - Treatment aims are met
 - No benefit of treatment is seen within 2-3 months
 - The patient fails to engage in review
- Only ONS listed in the formulary below should be prescribed. Other specialist products may be recommended by Dietitians and will be requested based on the clinical needs of a patient following a full dietary assessment.

1 st line : 1 standard powdered product	Ensure shake (57g sachet) – to be reconstituted with 200mls whole milk
2 nd line : 1 ready-made milkshake style	Ensure Plus Milkshake (200ml bottle)
1 yoghurt style	Ensure Yoghurt Style (200ml)
1 savoury style	Aymes Savoury (57g sachet)
1 juice style	Ensure Plus Juice (220ml bottle)
1 compact style	Ensure compact (125ml)
1 higher protein	Fortisip 2kcal (200ml)
1 st line Thickener	Nutrilis clear

Thickening Agent

- Nutilis clear is a xanthan gum based thickening agent used to help manage patients with dysphagia. It should be prescribed under specialist initiation only.
- Patients with dysphagia who require ONS should be prescribed a product which is suitable for the iDDSi level recommended by the speech and language therapist
- Suitable products are listed below
 - iDDSi 1: Ensure Plus Juce (220ml)
 - iDDSi 2: Ensure compact (125ml) – recommend this is served chilled
 - iDDSi 3: Nutilis Complete Drink level 3 (125ml) – recommend this is served chilled

The following specialised supplements should only be used on the request of dietitian if there is a clinical need.

- Ensure Twocal, Fortisip 2 kcal, fortisip compact protein, ensure plus advance – Contain a higher level of protein.
- Enshake, Scandishake – Powdered milkshake style supplements with a higher energy content.
- Ensure plus fibre, fortisip multifibre, fortisip compact fibre – high fibre supplements
- Ensure Crème and Forticreme Complete are a pudding style supplement suitable for those with dysphagia.
- Procal shot, Procal powder, Calogen, Calogen Extra, Maxijul - These are low volume high calorie supplements and are not nutritionally complete.
- Nepro HP - only suitable for renal patients or those requiring electrolyte or fluid restrictions.
- Modulen® IBD (Nestlé Nutrition) - is liquid feed used to help patients with active Crohn's disease.

Home Enteral Nutrition

If a patient is unable to meet their nutritional requirements through diet and supplements, or are nil by mouth, then enteral feeding may be necessary. This may be short term through a nasogastric (ng) tube, or longer term through a PEG (percutaneous endoscopic gastrostomy). All enterally fed patients must have dietetic input and only a dietitian can recommend changes to the regimen. Nutricia is the preferred company used for enteral feeds and provide a direct to patient delivery service. Listed below are some prescribable products that may be requested.

- Nutrison (500 ml, 1000 ml, 1500 ml pack)
- Nutrison Energy (500 ml, 1000 ml, 1500 ml pack)
- Nutrison Multifibre (500 ml, 1000 ml, 1500 ml pack)
- Nutrison Energy Multifibre (500 ml, 1000 ml, 1500 ml pack)

However, there are other more specialised feeds available which may be necessary depending on the patient's clinical condition. This will be requested by the dietitian.