

GP Guidance

Starting Oral Nutritional Supplements in Primary Care

A guide to GP prescribing of Oral Nutritional Supplements (ONS) while awaiting dietetic review.

Oral nutritional supplements should only be prescribed after first line dietary advice (including food fortification) and over the counter build up drinks have been tried. Click [here](#)* for more information including leaflets available to print and provide to patients.

Key recommendations for prescribing Oral Nutritional Supplements

Product choices are shown in the table below.

Give **acute** prescriptions on a **short term** basis (1 bd), starting with a variety of flavours and refer the patient to the Dietitian for review.

First Line – Powdered ONS

- If the patient or carer can prepare drinks (including patients in care homes).

Second Line

- If the patient needs a ready-made supplement use a milk-style 1.5kcal/ml ONS.
- A 125ml 2.4kcal/ml ONS may be preferable for patients who may struggle to manage a 200ml ONS twice a day.

Product Choices - Sample packs are available to order (delivered within 2-5 working days)

Powdered ONS	Flavours	Presentation	Kcal/unit**	Price/unit (£)	Sample Pack Available From
Foodlink Complete	Natural, Strawberry, Banana, Chocolate	57g sachet	386	0.61	https://www.nualtra.com/uk-direct-patient-samples/
Aymes Shake	Neutral, Strawberry, Banana, Chocolate, Vanilla	57g sachet	388	0.60	https://aymes.com/pages/patient-sample-service

** made with 200ml whole milk

Milk style ONS (1.5 kcal/ml)	Flavours	Presentation	Kcal/unit	Price/unit (£)	Sample Pack Available From
Aymes Complete	Banana, Strawberry, Chocolate, Vanilla	200ml bottle	300	1.11	https://aymes.com/pages/patient-sample-service
Fortisip Bottle	Neutral, Vanilla, Chocolate, Banana, Orange, Strawberry, Tropical, Caramel	200ml bottle	300	1.12	https://www.nutricia.co.uk/fortisip/samples

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Disclaimer: City Hospitals Sunderland Nutrition and Dietetic Service do not recommend any particular product and this formulary is based simply on cost at the time of going to print and advice from the SCCG Medicines Optimisation team. It is entirely the decision of the clinician which ONS to prescribe.

*www.bapen.org.uk/nutrition-support/nutrition-by-mouth/food-first-project-leaflets

Milk style ONS (2.4 kcal/ml)	Flavours	Presentation	Kcal/unit	Price/unit (£)	Sample Pack Available From
Fortisip Compact	Vanilla, Strawberry, Banana, Mocha, Apricot, Forest Fruit, Chocolate, Neutral	125ml bottle	300	1.45	https://www.nutricia.co.uk/fortisip/samples

Juice style ONS† (1.5kcal/ml)	Flavours	Presentation	Kcal/unit	Price/unit (£)	Sample Pack Available From
Ensure Plus Juice	Apple, fruit punch, lemon- lime, orange, peach,	220ml bottle	330	1.97	https://samples.nutrition.abbott/sample-order

†Please note that these are **higher sugar** products that may be unsuitable for patients with diabetes

Other ONS should only be prescribed on the request of a Dietitian to ensure that the patient's nutritional requirements are being met.