

9.4.2 Enteral nutrition

See Guidelines on community MUST screening tool, Food First and use of oral nutritional supplements.

When introducing enteral nutrition to patients for the first time, prescribe a small number of assorted flavours or a starter pack as an acute prescription.

It is always advisable to screen a patient to assess their requirements using the MUST tool.

For further information, see NICE CG32 Nutrition Support in Adults.

This formulary outlines the first, second and specialist oral nutritional supplements suitable for prescribing by GP's, nurses and Dietitians. Please refer to the specific column headings for further details.

Please contact a dietitian regarding any of the following: higher calorie and/or high protein supplements, pre-thickened supplements, supplements containing solely fat, carbohydrate or protein or supplements for specific conditions (e.g. renal patients).

Patient's clinical condition should fall within the Advisory Committee on Borderline substances (ACBS) approved categories for prescribing nutritional supplements (*Short bowel syndrome, intractable malabsorption, pre-operative preparation of undernourished patients, proven inflammatory bowel disease, following total gastrectomy, bowel fistulas, disease related malnutrition*) Please note, not all oral nutritional supplements are approved for use in all ACBS categories. Refer to BNF for the more specific indications which apply to individual products (such as dysphagia and age-related restrictions)

Clinical benefits of ONS are often seen with 300-600kcal/day (e.g. 1-2 ONS servings per day) with benefits seen in the community typically within 2-3 months of supplementation. However, this maybe shorter or longer (up to 1 year) according to clinical need (www.malnutritionpathway.co.uk)

First line ONS ONS recommended in both primary and secondary care. Suitable to be prescribed by Dietitians, GPs and nurses.

Second line ONS Alternatives (often in specific conditions) in both primary and secondary care. Suitable to be prescribed by Dietitians, GPs and nurses. Clinical reasoning needs to be given as to why first line is not suitable.

Specialist initiated ONS To be recommended only by Dietitians and Specialist nurses with review plans in place.

Secondary care only ONS ONS only suitable for secondary care use and initiated by dietitian appropriate team or specialist. Primary care prescribers should not be asked to prescribe.

Powdered MILKSHAKE style ONS (to be mixed with 200ml full fat milk)				
Consider whether patient has access to milk and ability to make up the drink with milk. Consider cost to patient. Not suitable for those with lactose intolerance.				
Product Name	Unit (number per box)	No. per 28 days/Volume	Nutritional information/bottle	IDDSI level
Foodlink Complete (2/day) <i>Banana, chocolate, natural, strawberry, vanilla</i>	57g sachet (7)	56 sachets 3192 g 8 packs of 7	385 kcal 18.5 g protein 200 ml fluid Contains Lactose	0
Foodlink Complete starter pack (mixed flavours) 7 x 57g sachet				
Aymes shake compact (2/day) <i>Chocolate, strawberry, vanilla, banana, neutral</i>	57g sachet (7)	56 sachets 3192g 8 packs of 7	316 kcal 12.6 g protein 125 ml fluid Contains lactoset	1
Ready to drink MILKSHAKE style ONS. Prescribe patient's preferred flavours (200 - 220ml bottle)				
For those unable to use powdered milkshakes but can tolerate larger volumes.				
Product Name	Unit (number per box)	No. per 28 days/Volume	Nutritional information/bottle	IDDSI level
Fortisip (2/day) <i>Neutral, vanilla, chocolate, caramel, banana, orange, strawberry, tropical</i>	200 ml bottle	56 bottles 11,200ml	300 kcals 11.8 g protein 200 ml fluid Lactose free	0
Fortisip range starter pack liquid (mixed flavours) 10x200ml				
Ensure Plus (2/day) <i>Banana, chocolate, coffee, fruits of the forest, neutral, orange, peach, raspberry, strawberry, vanilla, blackcurrant, caramel</i>	220 ml bottle	56 bottles 12,320ml	330 kcals 13.8 g protein 220 ml fluid Lactose free	0
Ensure plus commence starter pack (mixed flavours) 10x220ml				

Ready to drink COMPACT style ONS. Prescribe patient's preferred flavours (125 ml bottle) For those who require smaller volumes or with fluid restrictions				
Product Name	Unit (number per box)	No. per 28 days/Volume	Nutritional information/bottle	IDDSI level
Fortisip Compact (2/day) <i>Chocolate, vanilla, banana, strawberry, apricot, forest fruits, mocha</i>	125 ml bottle	56 bottles 7000 ml	300 kcals 12 g protein 125 ml fluid Contains lactose	1
Fortisip compact starter pack (mixed flavours) 6x125ml				
Altraplen Compact (2/day) <i>Hazel-chocolate, strawberry, vanilla, banana</i>	125 ml bottle	56 bottles 7000 ml	300 kcals 12 g protein 125 ml fluid Contains lactose	2

JUICE style ONS if products above are contraindicated (200 - 220ml bottle) Not suitable for people with diabetes, COPD and wounds due to carbohydrate:protein ratio.				
Product Name	Unit (number per box)	No. per 28 days/Volume	Nutritional information/bottle	IDDSI level
Foodlink Complete (2/day) <i>Banana, chocolate, natural, strawberry, vanilla</i>	57g sachet (7)	56 sachets 3192 g 8 packs of 7	340 kcal 12.9 g protein 200 ml fluid Contains Lactose	0
Aymes shake smoothie (2/d) <i>Pineapple, mango, peach, strawberry, cranberry</i>	66 g sachet (7)	56 sachets 3696 g 8 packs of 7	297 kcals 10.7 g protein 150 ml fluid Residual lactose	2
Fortijuice (2/day) <i>Apple, blackcurrant, forest fruits, lemon, orange, strawberry, tropical</i>	200 ml	56 bottles 11,200 ml	300 kcals 9.6 g protein 65.4 g carbohydrate 200 ml fluid Residual lactose	0
Ensure Plus Juice Style (2/day) <i>Apple, fruit punch, lemon- lime, orange, peach, strawberry</i>	220 ml	56 bottles 12,320 ml	330 kcals 10.6 g protein 71.9 g carbohydrate 220 ml fluid Lactose free	1

MILKSHAKE style PLUS FIBRE ONS. Prescribe patient's preferred flavours Contains fibre, consider for those with constipation				
Product Name	Unit (number per box)	No. per 28 days/Volume	Nutritional information/bottle	IDDSI level
Foodlink Complete Powder with Fibre (2/day) <i>Banana, chocolate, natural, strawberry, vanilla</i>	63g sachet (7)	56 sachets 3528g 8 packs of 7	413- 421 kcals 18.5 - 19.7 g protein 4.5 - 4.7 g fibre 200 ml fluid Contains lactose	0
Ensure Plus Fibre (2/day) <i>Banana, strawberry, chocolate, raspberry, vanilla</i>	200 ml bottle	56 bottles 11,200 ml	310 kcals 12.5 g protein 5g fibre 200 ml fluid Lactose free	1
Ready to drink MILKSHAKE style HIGH PROTEIN ONS.				
Product Name	Unit (number per box)	No. per 28 days/Volume	Nutritional information/bottle	IDDSI level
Fresubin 3.2 kcal (2/day) <i>Hazel, mango, vanilla caramel</i>	125 ml bottle	56 bottles 7000 ml	400 kcals 20 g protein 125 ml fluid Residual lactose	3
Fortisip Compact Protein (2/day) <i>vanilla, strawberry, banana, mocha, peach/mango, berries, neutral, and hot tropical ginger.</i>	125 ml bottle	56 bottles 7000 ml	300 kcals 18 g protein 125 ml fluid Residual lactose	2

DYSPHAGIA LEVEL 4 ONS			
Product Name	Unit (number per box)	No. per 28 days/Volume	Nutritional information/pot
Nutricrem (3/day) <i>Chocolate-orange, strawberry, vanilla, mint-chocolate</i>	125 g pot	84 desserts 10,500 ml	225 kcals 12.5 g protein Lactose free
Nutlis Fruit Dessert Level 4 (3/day) <i>Apple, strawberry</i>	150 g pot	84 desserts 12,600 ml	206 kcals 10.5 g protein Lactose free