

GP Quick Reference Guide for Prescribing ONS

Patients need to meet one of the following ACBS criteria (BNF, 2023) to qualify for ONS prescriptions:

- Disease-related malnutrition
- Dysphagia
- Continuous ambulatory peritoneal dialysis (CAPD)
- Haemodialysis
- Intractable malabsorption
- Bowel fistulas
- Short bowel syndrome
- Following total gastrectomy
- Proven inflammatory bowel disease
- Pre-operative preparation of undernourished patients

Please consider referring to a dietitian when prescribing Oral Nutritional Supplements (ONS)

FIRST LINE = Powdered ONS

If a patient qualifies for ONS, prescribe a powdered supplement as first line

| Product preparation | Name | Flavours | Price /serve | Serve size | Energy /serve | Protein /serve | How to prescribe on EMIS |
|---|---------------------------|--|--------------|------------|---------------|----------------|---|
| Milk-based powder (Mix with 200ml whole milk) | Aymes Shake | Vanilla Banana Chocolate | £0.57 | 57g | 383kcal | 19g | Dosage: 57g twice a day Quantity: 56 sachets = 3,192g Duration: 28 days Rx Type: Acute |
| | Foodlink Complete | Strawberry Natural / Neutral Ginger (Aymes only) | £0.58 | | | | |
| Juice-based powder (Mix with 150ml water) | Aymes Actasolve Smoothie | Mango Peach Pineapple Strawberry & cranberry | £1.08 | 66g | 298kcal | 11g | Dosage: 66g twice a day Quantity: 56 sachets = 3,696g Duration: 28 days Rx Type: Acute |
| | Foodlink Smoothie | Orange & mango Peach Tropical Red berry | £1.11 | | 287kcal | 10g | |
| Compact milk-based powder (Mix with 100ml whole milk) | Aymes Shake Compact | Vanilla Banana Chocolate | £0.57 | 57g | 320kcal | 15g | Dosage: 57g twice a day Quantity: 56 sachets = 3,192g Duration: 28 days Rx Type: Acute |
| | Foodlink Complete Compact | Strawberry Natural / Neutral Ginger (Aymes only) | £0.58 | | 318kcal | | |
| Savoury (Mix with 200ml water) | Aymes Actasolve Savoury | Chicken Potato & leek Vegetable | £0.96 | 57g | 250kcal | 9g | Dosage: 57g twice a day Quantity: 56 sachets = 3,192g Duration: 28 days Rx Type: Acute |

Contraindications: Dysphagia • Allergens: check prior to prescribing • Galactosaemia • Not suitable for enteral feeding tubes

SECOND LINE = Ready-to-Drink ONS

If powdered ONS contraindicated (e.g. patient unable to mix independently, or cannot access milk / water)

| Product preparation | Name | Flavours | Price /serve | Serve size | Energy /serve | Protein /serve | How to prescribe on EMIS |
|---------------------------|---------------------|---|--------------|------------|---------------|----------------|---|
| Milk-based | Altraplen Energy | Banana Chocolate Strawberry Vanilla | £0.99 | 200ml | 300kcal | 12g | Dosage: 200ml twice a day Quantity: 56 bottles = 11,200ml Duration: 28 days Rx Type: Acute |
| Juice-based | Aymes ActaGain Juce | Apple, Orange, Peach, Berry Medley, Exotic Fruit | £1.80 | 200ml | 300kcal | 10g | Dosage: 200ml twice a day Quantity: 56 bottles = 11,200ml Duration: 28 days Rx Type: Acute |
| | Ensure Plus Juce | Apple, Fruit Punch, Lemon & Lime, Orange, Peach, Strawberry | | 220ml | 330kcal | 11g | Dosage: 220ml twice a day Quantity: 56 bottles = 11,200ml Duration: 28 days Rx Type: Acute |
| Compact milk-based | Fresubin 2kcal Mini | Vanilla Apricot-Peach Fruits of the Forest | £1.45 | 125ml | 250kcal | 13g | Dosage: 125ml twice a day Quantity: 56 bottles = 7,000ml Duration: 28 days Rx Type: Acute |

Any queries, email gstt.prescribingsupportdietitians@nhs.net

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