

# GP Quick Reference Guide for Changing ONS Prescriptions

This guide shows how to change patients to cost-effective nutritionally equivalent ONS prescriptions on discharge from hospital to the community.

Green products are preferred; only change if no dietetic rationale for a named product. **THIS GUIDE DOES NOT APPLY TO ENTERALLY FED PATIENTS (NG/NJ/PEG/RIG).**

Not all products are like-for-like, please contact the SEL Prescribing Support Team if unsure: [gstt.prescribingsupportdietitians@nhs.net](mailto:gstt.prescribingsupportdietitians@nhs.net)

HOSPITAL PRODUCT			PRIMARY CARE EQUIVALENT			
Product Name	Nutrition per OD serve	Option	Product Name	Flavours	Nutrition per OD serve	How to prescribe on EMIS for BD doses Adjust volume if different dose required *All scripts should be ACUTE for 28 days*
Fortisip Bottle (200ml) Ensure Plus Milkshake (200ml)	300kcal 12g protein	→	1 Aymes Shake [or] Foodlink Complete Powder (57g sachet + 200ml milk)	Vanilla, Banana, Chocolate, Neutral, Strawberry, Ginger (Aymes only)	383kcal 19g protein	Dosage: 57g twice a day Quantity: 56 sachets = 3,192g
			2 Altraplen Energy (200ml)	Banana, Chocolate, Strawberry, Vanilla	300kcal 12g protein	Dosage: 200ml twice a day Quantity: 56 bottles (200ml) = 11,200ml
Ensure 2kcal (200ml) Fortisip 2kcal (200ml) Fortisip Extra (200ml) Altraplen Protein (200ml) Ensure Plus Advance (220ml)	300-400kcal 17-20g protein	→	1 Aymes Shake [or] Foodlink Complete Powder (57g sachet + 200ml milk)	Vanilla, Banana, Chocolate, Neutral, Strawberry, Ginger (Aymes only)	383kcal 19g protein	Dosage: 57g twice a day Quantity: 56 sachets = 3,192g
			2 Aymes ActaGain 2.4 (200ml)	Banana, Strawberry, Vanilla	480kcal 19g protein	Dosage: 200ml twice a day Quantity: 56 bottles (200ml) = 11,200ml
Fortisip Compact Protein (125ml)	300kcal 18g protein	→	1 Fresubin PRO Compact (125ml)	Vanilla, Cappuccino, Apricot-Peach, Neutral & Hazelnut	300kcal 18g protein	Dosage: 125ml twice a day Quantity: 56 bottles (125ml) = 7,000ml
Fortisip Compact (125ml) Ensure Compact (125ml) Altraplen Compact (125ml)	300kcal 12-13g protein	→	1 Aymes Shake Compact [or] Foodlink Complete Compact (57g sachet + 100ml milk)	Vanilla, Banana, Chocolate, Neutral, Strawberry, Ginger (Aymes only)	320kcal 15g protein	Dosage: 57g twice a day Quantity: 56 sachets = 3,192g
			2 Fresubin 2kcal Mini (125ml)	Vanilla, Fruit of the Forest, Apricot-Peach	250kcal 13g protein	Dosage: 125ml twice a day Quantity: 56 bottles (125ml) = 7,000ml
Altrajuce (200ml) Fresubin Jucy (200ml)	300-330kcal 8-11g protein	→	1 Aymes Actasolve Smoothie (66g sachet + 150ml water)	Strawberry & Cranberry, Mango, Peach, Pineapple	298kcal 11g protein	Dosage: 66g twice a day Quantity: 56 sachets = 3,696g
			Foodlink Smoothie (66g sachet + 150ml water)	Orange & Mango, Peach, Red Berry, Tropical	287kcal 10g protein	
			2 Ensure Plus Juce (220ml)	Apple, Fruit Punch, Lemon & Lime, Orange, Peach, Strawberry	330kcal 11g protein	Dosage: 220ml twice a day Quantity: 56 cartons (220ml) = 12,320ml
			Aymes ActaGain Juce (200ml) Fortijuce (200ml)	Peach, Berry, Exotic Fruit, Apple, Orange, Strawberry, Tropical, Apple, Orange	300kcal 10g protein	Dosage: 200ml twice a day Quantity: 56 cartons (200ml) = 11,200ml
Fortisip Compact Fibre (125ml) Ensure Plus Fibre (200ml) Fresubin 2kcal Fibre (200ml)	300-400kcal 12-20g protein 3-5g fibre	→	1 Aymes Actasolve Fibre [or] Foodlink Complete Fibre (57/63g sachet + 200ml milk)	Vanilla, Banana, Chocolate, Neutral, Strawberry	375-397kcal 19g protein 4.5-5g fibre	Dosage: 57 / 63g twice a day Quantity: 56 sachets = 3,192g / 3,528g
Calogen Extra Shot Serve = 120ml (40ml 3x per day)	480kcal 6g protein	→	1 Altrashot (120ml bottle)	Strawberry, Vanilla	420kcal 6g protein	Dosage: 40ml three times a day Quantity: 28 bottles (120ml) = 3,360ml

Colour-coding: **GREEN** = first-line choice, **AMBER** = seek advice from dietitian, **RED** = do not prescribe without clinical rationale from dietitian

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