

GP Quick Reference Guide for Prescribing ONS

Patients need to meet one of the following ACBS criteria (BNF, 2023) to qualify for oral nutritional supplement 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

FIRST LINE – Powdered ONS

If the patient qualifies for oral nutritional supplements, 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 full cream milk)	Aymes Shake	Banana Chocolate Natural/Neutral	£0.52	57g	383kcal	19g	Dosage: 57g twice a day Quantity: 56 sachets, 3192g Duration: 28 days Rx Type: Acute
	Foodlink Complete	Strawberry Vanilla Ginger (Aymes only)					
Juice-based powder (Mix with 150ml water)	Aymes Actasolve Smoothie	Mango Peach Pineapple Strawberry & cranberry	£0.99	66g	298kcal	11g	
	Foodlink Smoothie	Orange Peach Pineapple Red berry	£1.00	66g	287kcal	10g	
Compact milk-based powder (Mix with 100ml full cream milk)	Aymes Shake Compact	Banana Chocolate Natural	£0.52	57g	320kcal	15g	
	Foodlink Complete Compact	Strawberry Vanilla Ginger (Aymes only)			318kcal		
Savoury (Mix with 200ml water)	Aymes Actasolve Savoury	Chicken Potato & leek Vegetable	£0.76	57g	250kcal	9g	Dosage: 57g twice a day Quantity: 56 sachets, 3192g Duration: 28 days Rx Type: Acute

Contraindications: Dysphagia • Check for allergens prior to prescribing • Galactosaemia • Not suitable for enteral feeding tubes

SECOND LINE – Ready to Drink ONS

If powdered oral nutritional supplements contraindicated

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 x 200ml bottles, 11,200ml Duration: 28 days Rx Type: Acute
Juice-based	Aymes ActaGain Juice	Apple Cranberry & raspberry Mango & passionfruit Orange	£1.70	200ml	300kcal	11g	Dosage: 200ml twice a day Quantity: 56 x 200ml bottles, 11,200ml Duration: 28 days Rx Type: Acute
Compact milk-based	Altraplen Compact	Banana Hazel chocolate Strawberry Vanilla	£1.39	125ml	300kcal	12g	Dosage: 125ml twice a day Quantity: 56 x 125ml bottles, 7,000ml Duration: 28 days Rx Type: Acute

Any queries, email gst-tr.prescribingsupportdietitians@nhs.net

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