

GP Quick Reference Guide for Swapping ONS Prescriptions

This guide shows how to swap patients to cost effective nutritionally equivalent oral nutrition supplement prescriptions on discharge from hospital to the community.
Only swap if there are no instructions from the dietitian/hospital team indicating the patient needs a certain product.

Please consider referring to a dietitian when prescribing oral nutrition supplements

Any queries, contact the SEL Adult Prescribing Support Team on gst-tr.prescribingsupportdietitians@nhs.net

HOSPITAL PRODUCT		PRIMARY CARE EQUIVALENT				
Product Name	Nutrition per OD serve	Product Name	Flavours	Nutrition per OD serve	How to prescribe on EMIS for BD doses Adjust volume if different dose required	
Fortisip Bottle (200ml) Ensure Plus Milkshake (200ml)	300kcal 12g protein	→	Aymes Shake powder OR Foodlink Complete Powder (57g sachet + 200ml milk)	Banana, Chocolate, Neutral/Natural, Strawberry, Vanilla, Ginger (Aymes only)	383kcal 19g protein	Dosage: 57g twice a day Quantity: 56 sachets, 3192g Duration: 28 days Rx Type: Acute
			Altraplen Energy (200ml)	Banana, Chocolate, Strawberry, Vanilla	300kcal 12g protein	Dosage: 200ml twice a day Quantity: 56 x 200ml bottles, 11200ml Duration: 28 days Rx Type: Acute
Fortisip Compact Protein (125ml) Fortisip 2kcal (200ml) Ensure Plus Advance (220ml) Ensure 2kcal (200ml)	300-400kcal 17-20g protein	→	Aymes Shake powder OR Foodlink Complete Powder (57g sachet + 200ml milk)	Banana, Chocolate, Neutral/Natural, Strawberry, Vanilla, Ginger (Aymes only)	383kcal 19g protein	Dosage: 57g twice a day Quantity: 56 sachets, 3192g Duration: 28 days Rx Type: Acute
			Aymes ActaGain 2.4 Complete Maxi (200ml)	Banana, Strawberry, Vanilla	480kcal 19g protein	Dosage: 200ml twice a day Quantity: 56 x 200ml bottles, 11200ml Duration: 28 days Rx Type: Acute
Fortisip Compact (125ml) Ensure Compact (125ml)	300kcal 12g protein	→	Aymes Shake Compact OR Foodlink Complete Compact (57g sachet + 100ml milk)	Banana, Chocolate, Neutral/Natural, Strawberry, Vanilla, Ginger (Aymes only)	318-320kcal 15g protein	Dosage: 57g twice a day Quantity: 56 sachets, 3192g Duration: 28 days Rx Type: Acute
Altrajuce (200ml)	300-330kcal 8-11g protein	→	Aymes Actasolve Smoothie (66g sachet + 150ml water)	Mango, Peach, Pineapple, Strawberry & Cranberry	298kcal 11g protein	Dosage: 66g twice a day Quantity: 56 sachets, 3696g Duration: 28 days Rx Type: Acute
Fortijuce Ensure Plus Juce (220ml)			Foodlink Smoothie (66g sachet + 150ml water)	Orange & Mango, Peach, Red Berry, Tropical	287kcal 10g protein	
Fortisip Compact Fibre (125ml) Ensure Plus Fibre (200ml) Fresubin 2kcal fibre (200ml)	300-400kcal 12-20g protein 3-5g fibre	→	Aymes Shake Fibre OR Foodlink Complete Fibre (57/63g sachet + 200ml milk)	Banana, Chocolate, Neutral/Natural, Strawberry, Vanilla	375-397kcal 19g protein 4.5-5g fibre	Dosage: 57/63g twice a day Quantity: 56 sachets, 3192/3528g Duration: 28 days Rx Type: Acute
Calogen Extra Shot Serve = 120ml, given as 40ml three times a day	480kcal 6g protein	→	Altrashot (120ml bottle)	Strawberry, Vanilla	420kcal 6g protein	Dosage: 40ml three times a day (120ml bottle) Quantity: 28 x 120ml, 3360ml Duration: 28 days Rx Type: Acute

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