

#### 9.4.2 Enteral nutrition

See 3Ts Guidelines on community MUST screening, 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. Please refer to following link [http://www.bapen.org.uk/pdfs/must/must\\_full.pdf](http://www.bapen.org.uk/pdfs/must/must_full.pdf).

If a patient does not find any formulary option palatable, please refer him/her to the local dietetic service.

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

**Refer to 'Criteria for the appropriate use of oral nutritional supplements for adults in the community'.**

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](http://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.

Written in collaboration with Wiltshire and Swindon CCG alongside GWH Nutrition and Dietetic Department and Wiltshire Health and Care.

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<b>Powdered MILKSHAKE style ONS (to be mixed with 200ml full fat milk)</b>			
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.			
<b>Product Name</b>	<b>Unit (number per box)</b>	<b>No. per 28 days/Volume</b>	<b>Nutritional information/bottle</b>
<b>Foodlink Complete</b> (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
<b>Foodlink Complete starter pack (mixed flavours) 7 x 57g sachet</b>			
<b>Ensure shake</b> (2/day) <i>Chocolate, strawberry, vanilla, banana</i>	57g sachet (7)	56 sachets 3192g 8 packs of 7	389 kcal 17 g protein 200 ml fluid Contains lactose

<b>Ready to drink MILKSHAKE style ONS. Prescribe patient's preferred flavours (200 - 220ml bottle)</b>			
For those unable to use powdered milkshakes but can tolerate larger volumes.			
<b>Product Name</b>	<b>Unit (number per box)</b>	<b>No. per 28 days/Volume</b>	<b>Nutritional information/bottle</b>
<b>Fortisip</b> (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
<b>Fortisip range starter pack liquid (mixed flavours) 10x200ml</b>			
<b>Ensure Plus</b> (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
<b>Ensure plus commence starter pack (mixed flavours) 10x220ml</b>			
<b>Fresubin Energy</b>	200 ml bottle	56 bottles 11,200ml	300 kcals 11.2 g protein

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<i>Banana, blackcurrant, cappuccino, chocolate, lemon, strawberry, tropical fruits, unflavoured, vanilla,</i>			200 ml fluid Residual lactose
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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
<b>Fortisip Compact</b> (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
<b>Fortisip compact</b> starter pack (mixed flavours) 6x125ml			
<b>Altraplen Compact</b> (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
<b>Ensure Compact</b> (2/day) <i>Banana, strawberry, vanilla</i>	125 ml bottle	56 bottles 7000 ml	300 kcals 13 g protein 125 ml fluid Contains lactose

Ready to drink JUICE style ONS for those who dislike milky drinks (200 - 220ml bottle) <b>Not suitable for people with diabetes, COPD and wounds due to carbohydrate:protein ratio.</b>			
Product Name	Unit (number per box)	No. per 28 days/Volume	Nutritional information/bottle
<b>Fortijuce</b> (2/day) <i>Apple, blackcurrant, forest fruits, lemon, orange, strawberry, tropical</i>	200 ml	56 bottles 11,200 ml	300 kcals 8 g protein 67 g carbohydrate 200 ml fluid Residual lactose
<b>Ensure Plus Juice Style</b> (2/day)	220 ml	56 bottles 12,320 ml	300 kcals 9.6 g protein 65.4 g carbohydrate 220 ml fluid

<i>Apple, fruit punch, lemon-lime, orange, peach, strawberry</i>	200 ml	56 bottles 11,200 ml	Residual lactose  300 kcals 8 g protein 67 g carbohydrate 200 ml fluid Residual lactose
<b>Fresubin Jucy Drink</b> (2/day) <i>Apple, blackcurrant, cherry, orange, pineapple</i>			

<b>Ready to drink MILKSHAKE style PLUS FIBRE ONS. Prescribe patient's preferred flavours</b> Contains fibre, consider for those with constipation			
<b>Product Name</b>	<b>Unit (number per box)</b>	<b>No. per 28 days/Volume</b>	<b>Nutritional information/bottle</b>
<b>Foodlink Complete Powder with Fibre</b> (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
<b>Ensure Plus Fibre</b> (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
<b>Fresubin 2kcal Fibre</b> (2/day) <i>Chocolate, lemon, cappuccino, vanilla, apricot-peach, neutral</i>	200 ml bottle	56 bottles 11,200 ml	400 kcals 20 g protein 3.2g fibre 200 ml fluid Lactose free
<b>Fortisip Compact Fibre</b> (2/day) <i>Mocha, strawberry, vanilla</i>	125 ml bottle	56 bottles 7000 ml	300 kcals 11.75 g protein 3.6 g fibre 125 ml fluid Residual lactose

<b>Ready to drink MILKSHAKE style HIGH PROTEIN ONS. Prescribe patient's preferred flavours</b>			
<b>Product Name</b>	<b>Unit (number per box)</b>	<b>No. per 28 days/Volume</b>	<b>Nutritional information/bottle</b>
<b>Fresubin 2 kcal</b> (2/day)	200 ml bottle	56 bottles 11,200 ml	400 kcals 20 g protein

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<i>Apricot-peach, cappuccino, fruits of the forest, neutral, toffee, vanilla</i>			200 ml fluid Residual lactose
<b>Fortisip Compact Protein</b> (2/day) <i>Banana, mocha, strawberry, vanilla,</i>	125 ml bottle	56 bottles 7000 ml	300 kcals 18 g protein 125 ml fluid Residual lactose

<b>DESSERT style ONS. Prescribe patient's preferred flavours</b>			
For those with dysphagia or where liquid drinks have been tried and disliked. First prescription for 1-2 weeks only			
Product Name	Unit (number per box)	No. per 28 days/Volume	Nutritional information/pot
<b>Nutricrem</b> (3/day) <i>Chocolate-orange, strawberry, vanilla</i>	125 g pot	84 desserts 10,500 ml	225 kcals 12.5 g protein Residual lactose
<b>Nutlis Fruit Stage 3</b> (3/day) <i>Apple, strawberry</i>	150 g pot	84 desserts 12,600 ml	200 kcals 10.5 g protein Residual lactose

Product	Suggested Indication	Volume	Nutritional Composition	Cost
<b>High Energy Shake</b>				
Aymes Shake Extra	Cystic Fibrosis	85 g sachet	593 kcals	£1.96 / sachet
Scandishake	Cystic Fibrosis	85 g sachet	587 kcals 12.1 g protein	£2.59 / sachet
<b>Fat based emulsion</b>				
Altrashot		40 ml shot	160 kcal 2 g protein vits / mins	£0.66
Calogen Extra		40 ml shot	160 kcal 2 g protein vits / mins	£0.99
<b>Prosource</b>				
ProSource		30 ml sachet	100 kcals 10 g protein	£1.01 / sachet
ProSource Extra		30 ml sachet	100 kcals 15 g protein	£1.43 / sachet
ProSource Jelly		118 ml serving	91 kcals 20 g protein	£1.87 / pot
<b>Renal</b>				

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Renilon 7.5	Renal patients, Low electrolyte Fluid restriction	125 ml	249 kcals 9.1 g protein 25 g CHO Low electrolyte	£2.28
Nepro HE	Renal patients Low electrolyte Fluid restriction	220 ml	396 kcals 17.8 g protein 32.4 g CHO Low electrolyte	£3.26
<b>Protein Powder</b>				
Protifar		2 g scoop	9 kcal 2.2 g protein	£9.20 / 225 g tin
Pro-Cal Powder	Renal patients, Low electrolyte Fluid restriction	15 g scoop / sachet	100 kcal 2 g powder	£15.53 / 510 g pack
<b>Elemental / Semi - elemental</b>				
Elemental 028 Extra				100 g £7.49 250 ml £3.86
Modulen IBD				400 g £15.59
Vital 1.5 kcal				200 ml £3.05