

Oral Nutritional Supplement (ONS) Formulary for ADULTS

NHS Frimley – Primary Care

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Aim & Scope of Document

- This formulary provides guidance on prescribing of oral nutritional supplements (ONS) for adults within primary care in Frimley Health and Care ICS.
- This formulary excludes:
 - prescribing of ONS for children
 - prescribing of ONS for patients being fed via enteral tube feeding (please see '[ONS Requests for Tube-Fed Patients](#)' below).
- This formulary does not include:
 - any specific enteral feeds
 - any specialist metabolic products e.g., low protein products, which should only be prescribed following recommendation from a specialist dietitian or clinician
 - any gluten free foods for management of coeliac disease, which should be prescribed according to NHS Frimley guidance.
- Supporting documents have been produced by NHS Frimley Medicines Optimisation Team for further guidance on [malnutrition screening](#) and [treating malnutrition](#) including [appropriate prescribing of oral nutritional supplements \(ONS\)](#). These are included as annexes at the end of this document and will be made available on the NHS Frimley website and DXS.
- All prices are correct as of November 2024 MIMS

Oral Nutritional Supplement Requests for Enterally (Tube)-Fed Adult Patients

Frimley South (NE Hants & Farnham and Surrey Heath Places):

Provision of all enteral feeds for adults in this area is under contract with an external feed company (Nutricia).

Adult patients: Tube feeds and ancillaries for adult patients in these areas are ordered and managed by the Frimley Park Hospital Home Enteral Nutrition team and no GP FP10 prescription is needed. Please contact the Home Enteral Nutrition team on **0300 613 4053** if you have any queries.

Paediatric enteral feeds: GP prescriptions (FP10) will be requested by the managing dietetic team and then fulfilled via Nutricia Homeward. Plastics and ancillaries are usually managed by community nursing teams. Please contact the Paediatric Dietitians at Frimley Park Hospital on **0300 613 4053** if you have any queries.

Frimley North (East Berkshire Place):

Provision of all enteral feeds for children and adults in this area is under contract with an external feed company (Nutricia).

All patients will require GP prescriptions (FP10). These will be requested by the managing dietetic team and then fulfilled via Nutricia Homeward. Plastics and ancillaries are managed by the community dietitians and fulfilled by Nutricia Homeward. Please contact the Community Dietitian team on **0118 904 3250** or

DietitiansEast@Berkshire.nhs.uk if you have any queries.

Product Suitability

The products included in this formulary should be safe and suitable for most patients to use. Please refer to the BNF, manufacturer's information or a registered dietitian for advice if a patient is following a restricted diet for medical/religious purposes or has complex nutritional needs. Specific suitability issues are discussed below:

Ability to Prepare	Powder ONS represent best value for money but should only be prescribed where the patient or relative/carer is able to make up the product according to the manufacturer's instructions. Ready to drink products are available for patients where this is not possible.
Allergens	Allergens are listed for 'GREEN' first line ONS products as per BNF or from the product manufacturers before November 2024, but these are subject to change. Allergens are not listed for AMBER products as it is expected that dietitians should be able to access this information easily from the manufacturer.
Chronic Kidney Disease (CKD)	ONS should be used with caution in patients with CKD stage 3, and only following dietitian recommendation for CKD stage 4 and 5.
Diabetes	Patients living with diabetes may need to increase blood glucose monitoring if ONS are commenced, changed, or stopped. Milk-based products are usually recommended over juice-based products.
Drug-Nutrient Interactions	Consider what other medications are prescribed and advise patient accordingly e.g., patients on warfarin may require increased INR monitoring if ONS are commenced or changed due to altered intake of vitamin K.
Dysphagia	Patients with swallowing problems should be referred to SALT for assessment, recommendations on required IDDSI level for food and fluids, and guidance on thickener use before ONS can be safely prescribed. Most ONS products do not thicken well and may be unsafe for the patient to swallow unthickened. If a patient at high risk of malnutrition requires thickener please refer them for dietitian assessment for appropriate ONS product recommendation. Please see page 12 for dysphagia-specific products and further information.
Gluten	Products are gluten-free unless stated otherwise
Lactose	Manufacturers state a product is 'clinically lactose-free', 'lactose-free' or containing 'residual lactose' if the lactose content is below a certain threshold. This varies from <0.2g-1.0g per 100ml for different products
Sole/Main Source of Nutrition	Please refer the patient for dietitian assessment if ONS are the main/sole source of nutrition for the patient, as not all ONS products are suitable for this purpose (particularly powdered ONS and juice-based products)
Vegetarian/Vegan/Halal/Kosher	Please check product suitability. Many products on this formulary obtain vitamin D from lanolin (found in live sheep's wool) which is not suitable for vegan diets, however may be accepted in vegetarian diets. Some flavours use cochineal as a colouring.

Nutritionally Complete / Suitable as a sole source of nutrition

This usually refers to UK **Reference nutrient intake** (RNI) for adults aged 19 years and over for micronutrients, excluding electrolytes (Na, K, Cl & Mg).

It is the prescribing clinician's responsibility to ensure the product is safe and appropriate for the patient to take.

Please contact the requesting dietitian (if involved) or the medicines optimisation team if you have any questions or concerns regarding the suitability of ONS products.

Advisory Committee on Borderline Substances (ACBS) Indications

The ACBS advises as to the circumstances in which substances normally regarded as food (including ONS products) may be regarded as drugs for the treatment of specified conditions. Prescribers should satisfy themselves that the products can be safely prescribed, that patients are adequately monitored and that, where necessary, expert supervision is available. Prescriptions for products recommended by the committee should be endorsed 'ACBS'¹. The standard ACBS indications for ONS (including abbreviations used in this formulary) are

Abbreviation	Standard ACBS Indication	Abbreviation	Standard ACBS Indication
BF	Bowel Fistulae	IM	Intractable Malabsorption
D	Dysphagia	PO	Pre-operative preparation of undernourished patients
DRM	Disease-Related Malnutrition	SBS	Short Bowel Syndrome
IBD	Proven Inflammatory Bowel Disease	TG	Total Gastrectomy

'Disease-related malnutrition' encompasses a wide range of conditions that may result in a requirement for nutritional support, including cancer, neurological conditions, respiratory conditions, dysphagia, and mental illness e.g., anorexia or dementia. The prescriber should use their clinical judgement to determine if the individual circumstances of the patient are appropriate for ONS prescription. Some ONS are also prescribable for those receiving continuous ambulatory peritoneal dialysis (CAPD) and haemodialysis or are specifically prescribable for individual conditions. These products would normally be requested by a dietitian and should not be routinely started in primary care². The other ACBS indications included in this formulary (including abbreviations used) are:

Abbreviation	Other ACBS Indication
CAPD	Continuous Ambulatory Peritoneal Dialysis
CRF	Chronic renal failure on HD or CAPD or patients with cirrhosis or other conditions requiring a high energy, low fluid, low electrolyte diet
DMM	Dietary management of patients with or at risk of malnutrition who are not able to meet their nutritional requirements from ordinary foods alone
CD	For sole source of nutrition during active phase of Crohn's disease, and for nutritional support during remission phase in patients who are malnourished
HD	Haemodialysis
HE	High Energy Needs
HP	Hypoproteinaemia
MC	Malabsorption states or other conditions requiring fortification with carbohydrate and as a carbohydrate source in modular feeds
MFC	Malabsorption states or other conditions requiring fortification with a fat/carbohydrate supplement
ST	Steatorrhoea associated with cystic fibrosis of the pancreas, intestinal lymphangiectasia, surgery of the intestine, chronic liver disease, liver cirrhosis, other proven malabsorption syndromes, a ketogenic diet in the management of epilepsy and in type 1 hyperlipoproteinaemia

Traffic Light Coding

Dietitians are expected to consider whether first-line **GREEN** coded products are suitable for their patient before requesting an **AMBER** coded product.

Green: Can be initiated by any prescriber when ACBS indication for prescription of borderline substances are met. Green products are listed in cost order from least expensive to most expensive. The products are nutritionally similar but may contain different ingredients/allergens and not all are designed for use as a sole source of nutrition. The recommended dose for any green product is twice daily; if the patient appears to require more than this then please refer for dietitian assessment.

Amber: (pages 9-13) Should only be prescribed on the recommendation of a dietitian when ACBS indication for prescription of borderline substances are met. The request should also clearly state the quantity and duration of prescription, as well as aim of treatment and plan for review. Amber products are organised into separate tables according to the category of product, and then in cost order from least expensive to most expensive for each category. Please note that products in the same category may have different nutritional compositions and therefore may not be interchangeable with each other.

If a dietitian requests a product not included on the formulary, they must inform the prescriber that it is non-formulary and must give a clear clinical justification for its use instead of formulary products. The request should also clearly state the quantity and duration of prescription, as well as aim of treatment and plan for review. Please refer to [page 4](#) regarding product suitability for patients.

Reconstituting POWDER oral nutritional supplements

Patients should be advised on how to reconstitute powder ONS. The majority are ACBS approved to mix with milk, however some manufacturers provide recipes to mix with fruit juice also – doing so is at the discretion of the dietitian, and the patient's decision. Products suitable for vegans are usually made with water.

Abbreviation for reconstituting: FFM = full fat (whole) milk

Statement on use of COMPACT oral nutritional supplements

To align with SERMOG (South East Region Medicines Optimisation Group) recommendations (2024), the primary care prescribing of ready-to-serve (RTS) compact ONS (125ml preparations) is not routinely funded unless it is assessed by a specialist (e.g. dietitian) that **one** of the following criteria are met:

- The individual and/or their carers are unable to prepare powdered ONS products, and they have been unable to consume adequate volumes* of standard RTS ONS
- The individual has trialled, but has not been able to tolerate powdered compact ONS products and they have clinical contraindications to standard RTS ONS preparations**

**Two servings of 200ml RTS ONS per day*

****Contraindications include dysphagia; requires thickened fluids; a condition requiring fluid restriction e.g. renal or liver disease**

Policy exclusions • Children (18 years old or younger) • Enteral tube feeding and parenteral nutrition

FIRST LINE: POWDER Oral Nutritional Supplements (ONS)

 Frimley Formulary Traffic Light Coding: **GREEN**

Use FIRST if carer/patient can make up a powder shake. Reconstitute with milk, water or fruit juice, as per manufacturer instructions.

 It is not advised to exceed 2 powdered ONS a day as this may exceed recommended micronutrient requirements. *Some have high sugar content.*

	Product Name, Manufacturer and Flavours	ACBS Indication(s) (Refer to page 5)	Preparation & Additional Information	Presentation	Monthly BD volume	Calories /serving	Protein /serving	Cost /serving
POWDER- Standard volume 200ml	Complan Shake (Nutricia) Banana, Chocolate, Original, Strawberry, Vanilla	<i>BF, D, DRM, IBD, IM, PO, SBS, TG</i>	Mix with 200ml whole milk	57g 4 x 57g pack	56 sachets (14 packs of 4 sachets)	380	15g	£0.51
	Aymes Shake (Aymes) Banana, Chocolate, Ginger, Neutral, Strawberry, Vanilla	<i>BF, D, DRM, IBD, IM, PO, SBS, TG</i>	Contain lactose, milk, and soya Not suitable as a sole source of nutrition	57g sachet 7 x 57g pack	56 sachets (8 packs of 7 sachets)	383	19g	£0.57
	Foodlink Complete (Nualtra) Banana, Chocolate, Natural, Strawberry, Vanilla	<i>BF, D, DRM, IBD, IM, PO, SBS, TG</i>	Note Sugar content per serving Foodlink Complete 34g Complan Shake/Aymes Shake 27g			385	18g	£0.58
POWDER - Compact volume 100ml	Aymes Shake Compact (Aymes) Banana, Chocolate, Ginger, Neutral, Strawberry, Vanilla	<i>BF, DRM, IBD, IM, PO, SBS, TG</i>	Mix with 100ml whole milk Contain lactose, milk, and soya Not suitable as a sole source of nutrition	57g sachet 7 x 57g pack	56 sachets (8 packs of 7 sachets)	318	15g	£0.57
	Foodlink Complete Compact (Nualtra) Banana, Chocolate, Natural, Strawberry, Vanilla	<i>DRM</i>	Note Sugar content per serving Foodlink Complete Compact 29g Aymes Shake Compact 27g			320	15g	£0.58
POWDER - Smoothie-style	Aymes ActaSolve Smoothie (Aymes) Mango, Peach, Pineapple, Strawberry&cranberry	<i>BF, DRM, IBD, IM, PO, SBS, TG</i>	Mix with 150ml water or fruit juice /plant-based milks Suitable for vegans. Contains soya. Not suitable as a sole source of nutrition.	66g sachet 7 x 66g pack	56 sachets (8 packs of 7 sachets)	297	11	£1.08
	Foodlink Smoothie (Nualtra) Orange&mango, Peach, Red berry, Tropical	<i>DRM</i>	Mix with 150ml water Suitable for vegans. Contains soya Not suitable as a sole source of nutrition.	66g sachet 7 x 66g pack	56 sachets (8 packs of 7 sachets)	287	10	£1.11
POWDER Savoury	Aymes ActaSolve Savoury (Aymes) Chicken, Potato&leek, Vegetable	<i>BF, DRM, IBD, IM, PO, SBS, TG</i>	Mix with 200mls hot water/milk. Not suitable as a sole source of nutrition <i>NO sample service for this product</i>	57g sachet 7 x 57g pack	56 sachets (8 packs of 7 sachets)	250 382 FFM	9.2g 16.2g FFM	£0.93

FIRST LINE: READY TO DRINK ONS

 Frimley Formulary Traffic Light Coding: **GREEN**

 Recommended dose: **TWICE DAILY**. Prescribe if patient/carer **UNABLE** to prepare a powder-first line product

 Use **BEST VALUE** options whenever appropriate. Only use Juce and Plant-based options when milky style not tolerated/suitable.

	Product Name, (Manufacturer) and Flavours	ACBS Indication(s) (Refer to page 5)	Notes	Presentation	Monthly BD volume	Calories /serving	Protein /serving	Cost /serving
Standard volume (200ml)	Altraplen Energy (Nualtra) Banana, Chocolate, Strawberry, Vanilla	<i>DRM</i>	Clinically lactose free but contains milk Suitable as a sole source of nutrition	200ml tetra	56 bottles (11,200ml)	300	12	£0.99
	Aymes Actagain 1.5 Complete (Aymes) Banana milkshake, Double chocolate, Strawberry burst, Smooth vanilla	<i>DRM, IBD, IM, PO, SBS, TG</i>	Clinically lactose free but contains milk Suitable as a sole source of nutrition	200ml bottle	56 bottles (11,200ml)	300	14	£1.11
Juice-Style	Aymes Actagain 1.5 Juce (Aymes) Apple, Juicy Peach, Orange, Mango & Passionfruit, Raspberry & Cranberry	<i>BF, DRM, IBD, IM, PO, SBS, TG</i>	Clinically lactose free, but contains milk Not suitable as a sole source of nutrition <i>Note: 27g sugar per serving</i>	200ml tetra	56 bottles (11,200ml)	300	11.0g	£1.80
	Fortijuce (Nutricia) Apple, Strawberry, Orange, Tropical	<i>BF, D, DRM, IBD, IM, PO, SBS, TG</i>	Clinically lactose free, but contains milk Not suitable as a sole source of nutrition <i>Note: 26g sugar per serving</i>	200ml bottle	56 bottles (11,200ml)	300	7.8g	£1.80
	Altrajuce (Nualtra) Apple, Blackcurrant, Orange, Strawberry	<i>BF, D, DRM, IBD, IM, PO, SBS, TG</i>	Clinically lactose free, but contains milk Not suitable as a sole source of nutrition <i>Note: 27g sugar per serving</i>	200ml bottle	56 bottles (11,200ml)	300	7.8g	£1.89
Yoghurt Style	Fresubin YoDrink (Fresenius Kabi) Apricot-peach, Lemon, Raspberry	<i>DRM, IBD, PO</i>	Yoghurt style taste	200ml bottle	56 bottles (11,200ml)	300	15	£1.87
Plant-based	Aymes Actagain 1.5 Plant Powered (Aymes) Café latte, Madagascan vanilla, Salted caramel	<i>BF, DRM, IBD, IM, PO, SBS, TG</i>	Suitable for vegans, uses faba protein. Suitable as a sole source of nutrition	200ml tetra	56 bottles (11,200ml)	300	13.4	£1.54
	Fortisip PlantBased 1.5kcal (Nutricia) Mango passionfruit, Mocha	<i>BF, DRM, IBD, IM, PO, SBS, TG</i>	Suitable for vegans. Contains soy. Suitable as a sole source of nutrition	200ml bottle	56 bottles (11,200ml)	300	12	£1.54

SECOND LINE: Specialist Oral Nutritional Supplement (ONS) Frimley Formulary Traffic Light Coding: **AMBER**
ONLY to be prescribed on the recommendation of a dietitian. Use POWDERS when a patient/carer can make them up.

Product Name, Manufacturer and Flavours	ACBS Indication(s) (Refer to page 5)	Notes	Presentation	Calories /serving	Protein /serving	Cost /serving
2a. ONCE DAILY - Can be given once daily to replace twice daily 'compact' products Frimley Formulary Traffic Light Coding: AMBER <i>Can be taken as 2 x 125ml doses and refrigerated in-between for 24 hours</i>						
Altraplen Compact Daily (Nualtra) Banana, Hazel Chocolate, Strawberry, Vanilla	<i>DRM</i>	Suitable as a sole source of nutrition	250ml tetra	600	24g	£1.60
Aymes ActaGain 600 (Aymes) Banana, Strawberry, Vanilla	<i>BF, DRM, IBD, IM, PO, SBS, TG</i>	Suitable as a sole source of nutrition	250ml bottle	600	24g	£1.60

2b. Higher Protein - use POWDERS first line when patient/carer can make them up Frimley Formulary Traffic Light Coding: AMBER						
Aymes ActaSolve Protein Compact (Aymes) Banana, Chocolate, Neutral, Strawberry, Vanilla	<i>BF, DRM, IBD, IM, PO, SBS, TG</i>	POWDER: Mix with 100ml whole milk Not suitable as a sole source of nutrition	57g sachet (7 x 57g pack)	314	20.3g	£1.17
Fortisip Extra (Nutricia) Strawberry, Vanilla	<i>BF, DRM, IBD, IM, PO, SBS, TG</i>	Not suitable as a sole source of nutrition FIRST LINE bottle option if need high protein	200ml	318	19.6g	£1.65
Altraplen Protein (Nualtra) Strawberry, Vanilla	<i>BF, D, DRM, IM, IBD, PO, SBS, TG</i>	Suitable as a sole source of nutrition Lower sugar content: 8.2g SECOND LINE for use where high protein/lower sugar is a priority e.g. dumping syndrome	200ml	300	20g	£2.30
Fresubin Protein Energy (Fresenius) Cappuccino, Chocolate, Tropical Fruits, Vanilla, Wild Strawberry	<i>BF, D, DRM, IBD, IM, PO, SBS, TG. CAPD & HD</i>	Suitable as a sole source of nutrition Lower sugar content: 6.5-7.4g SECOND LINE for use where high protein/lower sugar is a priority e.g. dumping syndrome	200ml	300	20g	£2.38

Product Name, Manufacturer and Flavours	ACBS Indication(s) (Refer to page 5)	Notes	Presentation	Calories /serving	Protein /serving	Cost /serving
2c. Higher Energy and/or Protein			Frimley Formulary Traffic Light Coding: AMBER			
- use POWDERS first line when patient/carer can make them up						
Aymes ActaSolve High Energy (Aymes) Banana, Chocolate, Strawberry, Vanilla	<i>BF, DRM, IBD, IM, PO, SBS, TG</i>	POWDER: Mix with 240ml whole milk Not suitable as a sole source of nutrition	85g sachet (6x 85g pack)	596	12.4g	£1.60
Foodlink Extra (Nualtra) Banana, Chocolate, Strawberry, Vanilla	<i>DRM</i>	POWDER: Mix with 240ml whole milk Not suitable as a sole source of nutrition	85g sachet (6x 85g pack)	601	13g	£1.60
Aymes Actagain 2.0 (Aymes) Berry Medley, Café Latte, Dulce de Leche, Golden Apricot, Neutral, Smooth Vanilla	<i>BF, DRM, IBD, IM, PO, SBS, TG</i>	Suitable as a sole source of nutrition	200ml tetra	400	20g	£2.10
Fresubin 2kcal Drink (Fresenius Kabi) Apricot-peach, Cappuccino, Forest fruit, Neutral, Toffee, Vanilla	<i>BF, D, DRM, IBD, IM, PO, SBS, TG. CAPD &HD</i>	Contains traces of caffeine. High in Vit D. Suitable as a sole source of nutrition	200ml bottle	400	20g	£2.34

2d. HIGHER FIBRE			Frimley Formulary Traffic Light Coding: AMBER			
- use POWDERS first line when patient/carer can make them up						
Aymes Shake Fibre (Aymes) Banana, Chocolate, Neutral, Strawberry, Vanilla	<i>BF, DRM, IBD, IM, PO, SBS, TG</i>	POWDER: Mix with 200ml whole milk Contains 5g fibre per serving Not suitable as a sole source of nutrition	57g sachet (7 x 57g pack)	374	19g	£0.87
Foodlink Complete with Fibre (Nualtra) Banana, Chocolate, Natural, Strawberry, Vanilla	<i>BF, D, DRM, IM, IBD, PO, SBS, TG</i>	POWDER: Mix with 200ml whole milk Contains 4.5g fibre per serving Not suitable as a sole source of nutrition	63g sachet (7 x 63g pack)	397	19g	£0.95
Aymes ActaGain 2.0 Fibre (Aymes) Café latte, Strawberry burst, Smooth vanilla	<i>BF, DRM, IBD, IM, PO, SBS, TG</i>	Contains 5g fibre per serving suitable as a sole source of nutrition	200ml tetra	400	20g	£2.10
Fresubin 2kcal Fibre Drink (Fresenius Kabi) Apricot-peach, Cappuccino, Chocolate, Lemon, Neutral, Vanilla	<i>BF, D, DRM, IBD, IM, PO, SBS, TG. CAPD &HD</i>	Contains 3.2g fibre per serving Contains traces of caffeine. High in Vit D. Low sugar content (11.6g per serving) Suitable as a sole source of nutrition	200ml bottle	400	20g	£2.34

THIRD LINE: COMPACT ONS (125ml preparations)

Frimley Formulary Traffic Light Coding: **AMBER**

Following a review on the prescribing of compact-style ONS by the South East Regional Medicines Optimisation Group (SERMOG), the following recommendations have been made:

The primary care prescribing of ready-to-serve (RTS) compact ONS (125ml preparations) is **not routinely funded** unless it is assessed by a specialist (e.g. Dietitian) that one of the following criteria are met:

- The individual and/or their carer are unable to prepare powdered ONS products *and* they have been unable to consume adequate volumes* of standard ready to drink ONS (200ml BD)

OR

- The individual has trialled but has not been able to tolerate powdered compact ONS products and they have clinical contraindications to standard ready to drink ONS preparations. *Contraindications include dysphagia; requires thickened fluids; a condition requiring fluid restriction e.g. renal or liver disease*

Product Name, Manufacturer and Flavours	ACBS Indication(s) (Refer to page 5)	Notes	Presentation	Calories /serving	Protein /serving	Cost /serving
Altraplen Compact (Nualtra) Banana, Hazel Chocolate, Strawberry, Vanilla	<i>BF, D, DRM, IBD, IM, PO, SBS, TG</i>	Clinically lactose free Contains milk and soya Suitable as a sole source of nutrition Only use if SERMOG criteria are met	125ml bottle (4x125ml pack)	300	12	£1.56
Fortisip Compact (Nutricia) Apricot, Banana, Chocolate, Forest Fruit, Mocha, Neutral, Strawberry, Vanilla	<i>BF, D, DRM, IBD, IM, PO, SBS, TG</i>	Contains lactose, milk proteins and soya Suitable as a sole source of nutrition Only use if SERMOG criteria are met	125ml bottle (4x125ml pack)	300	12	£1.65
Fresubin PRO Compact (Fresenius) Apricot-Peach, Cappuccino, Vanilla (Neutral and Hazlenut due out 2025)	<i>BF, DRM, IBD, IM, PO, SBS, TG</i>	Clinically lactose free, contains milk proteins and soya Only use if SERMOG criteria are met	125ml bottle (4x125ml pack)	300	18	£1.65
Fortisip Compact Fibre (Nutricia) Mocha, Strawberry, Vanilla	<i>BF, D, DRM, IM, IBD, PO, SBS, TG</i>	Contains 4.5g fibre per serving Suitable as a sole source of nutrition Only use if SERMOG criteria are met	125ml bottle (4x125ml pack)	300	16g	£2.76

SPECIALIST PRODUCTS

Frimley Formulary Traffic Light Coding: **AMBER**

4a. DYSPHAGIA specific ONS

only to be prescribed on the recommendation of a dietitian after assessment by SALT to determine appropriate IDDSI level

IDDSI Level	Product Name, Manufacturer and Flavours	ACBS Indication(s) (See page 5)	Notes	Presentation	Calories /serving	Protein /serving	Cost /serving
2	Fresubin Thickened Level 2 (Fresenius Kabi) Vanilla, Wild Strawberry	<i>D, DRM</i>	Suitable as a sole source of nutrition	200ml bottle (4x200ml)	300	20g	£2.64
3	Nutlis Complete Drink Level 3 (Nutricia) Chocolate, Lemon Tea, Mango & Passion Fruit, Strawberry, Vanilla	<i>BF, D, DRM, IBD, IM, PO, SBS, TG</i>	Suitable as a sole source of nutrition	125ml bottle (4x125ml)	306	12g	£2.76
	Fresubin Thickened Level 3 (Fresenius Kabi) Vanilla, Wild Strawberry	<i>D, DRM</i>	Suitable as a sole source of nutrition	200ml bottle (4x200ml)	300	20g	£2.64
4	Fresubin 2kcal Crème (Fresenius) Cappuccino, Chocolate, Praline, Vanilla, Wild strawberry	<i>BF, D, DRM, IBD, IM, PO, SBS, TG, CAPD & HD</i>	Product only to be considered for patients <i>without</i> dysphagia in exceptional circumstances. Use first when indicated	125g pot (4x125g pack)	250	12.5g	£2.04
	Nutricrem (Nualtra) Chocolate Orange, Mint Chocolate, Strawberry, Vanilla	<i>BF, D, DRM, IBD, IM, PO, SBS, TG</i>	Product only to be considered for patients <i>without</i> dysphagia in exceptional circumstances. Use second when indicated	125g pot (4x125g pack)	225	12.5g	£2.29

NB The dysphagia-specific products listed on this page have been designed specifically for patients requiring thickened fluids to specific IDDSI levels as determined by SALT. Other products in this formulary, including those that can be prescribed in primary care, MAY be appropriate to prescribe for certain levels but have not been designed for that purpose. Some ONS manufacturers have produced guidance around this but responsibility for checking product suitability for a specific patient lies with the prescriber. We recommend that you contact the dietitian requesting the prescription or the medicines optimisation team if you have any concerns.

4b. MODULAR High Calorie and /or Protein

Frimley Formulary Traffic Light Coding: **AMBER**

Product Name, Manufacturer and Flavours	ACBS Indication(s) (Refer to page 5)	Notes	Presentation	Calories /serving	Protein /serving	Cost /serving
Altrashot (Nualtra) Strawberry, Vanilla, Neutral	<i>DRM</i>	Added micronutrients Not suitable as a sole source of nutrition	120ml bottle	420	6	£2.73
Calogen (Nutricia) Neutral	<i>DRM</i> , malabsorption states, or other conditions requiring fortification with a high fat supplement with or without fluid and electrolyte restrictions	LCT fat emulsion, No electrolytes Not suitable as a sole source of nutrition Recommended daily dose: 3 x 30ml Once opened, store in fridge for maximum 14 days	200ml bottle 500ml bottle	405 <i>based on 3 X 30ml shots</i>	0	£6.58 £16.19
Aymes Actagain Protein Shot (Aymes) Mixed Berry, Tropical Fruit	<i>HP</i>	Low in electrolytes so also suitable for renal pts Contains hydrolysed bovine collagen. Not suitable as a sole source of nutrition.	60ml (15 x 60ml pack)	92	22	£1.75

4c. FIBRE Fortifiers

Frimley Formulary Traffic Light Coding: **AMBER**

If a patient requires an increased fibre intake long-term, the Dietitian should provide first line constipation advice as per [NICE guidance](#).

OptiFibre (Nestle) Unflavoured	<i>BF, D, DRM, IBD, IM, PO, SBS, TG</i>	Powdered soluble dietary fibre that can be mixed into foods, and hot and cold liquids. 4.3g soluble fibre per 5g scoop	5g sachet (16x5g) 250g tin	10 per 5g	0	£5.78 for 16 £14.27
HyFiber Liquid (Nutrinovo) Mild Citrus	Bowel transit disorders	Must check tolerance before prescribing due to presentation volumes 12g soluble fibre per 30ml serving	30ml sachet (100 x 30ml) 887ml bottle	36 per 30ml	0	£112.94 for 100 £33.05

4d. Disease specific – Gastro, Renal

Frimley Formulary Traffic Light Coding: **AMBER**

- only to be prescribed on the recommendation of a dietitian with a specialist interest e.g., gastro, renal

Product Name, Manufacturer and Flavours		ACBS Indication(s) (Refer to page 5)	Notes	Presentation	Calories /serving	Protein /serving	Cost /serving
PPEPTIDE/AMINO ACID	Peptisip Energy HP (Nutricia) Café Latte	<i>DRM, IM</i>	Use first. Peptide-based supplement Suitable as a sole source of nutrition 0.56g fibre per serving. Lower sugar 8.2g per serving	200ml bottle	300	15g	£3.78
	Vital 1.5 (Abbott) Caffé Latte, Mixed Berry, Vanilla	<i>BF, DRM, IBD, IM, PO, SBS, TG</i>	Use second. Peptide-based supplement Suitable as a sole source of nutrition	200ml bottle	300	13.5g	£4.58
	Elemental 028 Extra Liquid (Nutricia) Grapefruit, Orange & Pineapple, Summer Fruits	<i>SBS, IM, IBD, BF</i>	Amino acid-based supplement Suitable as a sole source of nutrition	250ml bottle	215	6.3g	£5.52
	Elemental 028 Extra (Nutricia) Banana, Orange, Unflavoured	<i>SBS, IM, IBD, BF</i>	Amino acid-based supplement Mix with water as advised by clinician Suitable as a sole source of nutrition	100g sachet	427-443	12.5	£10.77
RENAL	Fresubin 3.2kcal Drink (Fresenius Kabi) Cappuccino, Hazelnut, Mango, Vanilla-Caramel	<i>BF, D, DRM, IBD, IM, PO, SBS, TG,</i>	Suitable as a sole source of nutrition	125ml bottle 4x125ml = 500ml pack	400	20g	£2.49
	Fortisip Compact Protein (Nutricia) Banana, Berries, Cool Red Fruits, Hot Tropical Ginger, Neutral, Mocha, Peach-Mango, Strawberry, Vanilla	<i>BF, DRM, IBD, IM, PO, SBS, TG</i>	Not suitable as a sole source of nutrition In Frimley, for RENAL patients only	125ml bottle 4x125ml = 500ml pack	306	18.3	£2.50
	ProSource Plus (Nutrinovo) Citrus Berry, Orange Crème, Unflavoured	<i>HP</i>	Not suitable as a sole source of nutrition	30ml pouch (50 or 100 x 30ml pack)	100	15g	£1.98/pouch (£99.27/ 50 pack) (£198.54/100 pack)
	ProSource 20 (Nutrinovo) Red berry	<i>HP</i>	Not suitable as a sole source of nutrition	60ml pot 36 x 60ml cups	90	20g	£2.32/cup
	ProSource Jelly (Nutrinovo) Blackcurrant, Lime, Orange, Fruit Punch	<i>HP</i>	Not suitable as a sole source of nutrition	118ml pot	90	20g	£2.74
	Renapro (Stanningley Pharma)	<i>HP and dialysis</i>	Not suitable as a sole source of nutrition	20g sachet (30 x 20g pack)	74	18g	£2.32/sachet £69.60/pack
	Renapro Shot (Stanningley Pharma) Apple, Cola, Peach, Pineapple & Coconut, Wild Berry	<i>HP</i>	Not suitable as a sole source of nutrition	60ml bottle (30 x 60ml pack)	100	20g	£2.32 £69.60/pack

4d. Disease specific – Other

Frimley Formulary Traffic Light Coding: **AMBER**

Product Name, Manufacturer and Flavours		ACBS Indication(s) (Refer to page 5)	Notes	Presentation	Calories /serving	Protein /serving	Cost /serving
OTHER	Modulen IBD (Nestle)	<i>CD</i>	Mix with water as advised by clinician or dietitian Suitable as a sole source of nutrition	400g tin	500/100g	18g/100g	£20.36 tin
	Liquigen (Nutricia)	<i>ST</i>	MCT oil-based fat emulsion. Clinician/dietitian to advise on dosage. Not suitable as a sole source of nutrition	250ml bottle	450/100ml	0/100ml	£13.97/bottle
	Vitajoule (Vitaflo)	<i>DRM, MC</i>	Carbohydrate powder supplement. 1 scoop = 10g Not suitable as a sole source of nutrition	500g tub	380/100g	0/100g	£6.58/tub

Product Switch Guidance

The table below provides suggested switches for suitable formulary equivalents for non-formulary products.

Please refer to the BNF, manufacturer's information or a registered dietitian for advice if a patient is following a restricted diet for medical/religious purposes or has complex nutritional needs. It is the prescribing clinician's responsibility to ensure the product is safe and appropriate for the patient to take.

For all products coded **GREEN** on Frimley Formulary:

- **Aim to use first line (powdered) products first when a patient/carer can make them up**
- Consider first line (ready to drink) products in list order **only** when a patient/carer is unable to make up a powdered product, or where there are issues with powdered ONS compliance

Dietitians are expected to consider whether first-line **GREEN** coded products are suitable for their patient before requesting an **AMBER** coded product.

Product (Non-formulary)	Cost £	Suggested Switch (Formulary Green coded)	Cost £
Powder ONS			
Ensure Shake	£0.63	Complan Shake, Aymes Shake or Foodlink Complete (page 7)	£0.51 - £0.58
Fresubin Powder Extra	£0.73		
Standard Volume (200ml) Ready to Drink ONS			
Ensure Plus Milkshake Style	£1.48	Complan Shake, Aymes Shake or Foodlink Complete (page 7) OR first-line ready to drink product: Altraplen Energy or Aymes Actagain 1.5 Complete (page 8)	£0.51 - £0.58
Fortisip Bottle	£1.40		
Fresubin Energy	£1.49		
Resource Energy	£2.65		
Juice-Style Ready to Drink ONS			
Ensure Plus Juce	£2.67	Aymes Actasolve Smoothie/ Foodlink Smoothie (page 7) OR first-line juice-style ready to drink product: Aymes Actagain Juce, Fortijuce, Altrajuce (page 8)	£1.08 - £1.11 £1.80 - £1.89
Product (Non-formulary)			
Compact Volume Ready to Drink ONS (Third Line). ONLY to be prescribed if initiated by dietitian			
Ensure Compact	£1.73	Foodlink Complete Compact/Aymes Shake Compact (page 7) OR Altraplen Compact, Fortisip Compact, Fresubin PRO Compact (page 8)	£0.57- £0.58 £1.56
Higher Calorie and/or Protein ONS			
Aymes 2.0kcal	£2.10	Other higher calorie and/or protein POWDER or ready to drink options (page 9)	£1.17 - £2.34
Enshake	£3.56		
Ensure TwoCal	£2.91		
Fortisip 2kcal	£2.50		
Scandishake	£3.44		

Product (Non-formulary)	Cost £	Suggested Switch (Formulary Amber coded)	Cost £
Higher Fibre ONS			
Ensure Plus Fibre Fresubin Energy Fibre	£2.97 £2.69	Other higher fibre POWDER and ready to drink options (page 10)	£0.87 - £2.34
Dessert-Style ONS			
Forticreme Complete Fresubin Dessert Fruit Fresubin Yocreame	£2.50 £2.72 £2.70	Fresubin 2kcal Crème or Nutricrem (page 11) Thess products should only be considered for patients <i>without</i> dysphagia in exceptional circumstances.	£2.04 - £2.29
Modular Calorie/Protein ONS			
Calogen Calogen Extra Fresubin 5kcal Shot ProCal Shot	£6.58/200ml £5.80/200ml £3.45/120ml £3.50/120ml	Altrashot (page 10)	£2.73/120ml
'Advanced' ONS			
Ensure Plus Advance	£2.31	Consider first-line powder ONS (page 7) OR first-line ready to drink product (page 8) <i>+ Vitamin D via OTC or prescribed (if deficient)</i>	£0.51 - £0.58 £0.99 - £1.11

Please contact the requesting dietitian (if involved) or the medicines optimisation team if you have any questions or concerns regarding the suitability of ONS products.

Abbreviations

ACBS	Advisory Committee on Borderline Substances
BD	Twice daily
CKD	Chronic kidney disease
IDDSI	International Dysphagia Diet Standardisation Initiative
Kcals	Kilocalories
MCT	Multiple Chain Triglycerides
'MUST'	Malnutrition Universal Screening Tool
ONS	Oral Nutritional Supplements
SALT	Speech and Language Therapist

Contact Details

If you have any queries or require further support regarding ONS prescribing, please contact the NHS Frimley ICB Medicines Optimisation Team at Frimleyicb.prescribing@nhs.net

Medicines Optimisation Dietitians

Frimley North: Catherine Macqueen catherine.macqueen@nhs.net

Frimley South: Alison Carr a.carr@nhs.net

Frimley Park Hospital Dietitians: 0300 613 4053

Wexham Park Hospital Dietitians: 0300 615 3232

East Berkshire Community Dietitians: 0118 904 3250

References

1. Part XV – Borderline Substances, NHS Electronic Drug Tariff [accessed 25/11/2024] <https://www.drugtariff.nhsbsa.nhs.uk/#/00814419-DC/DC00814008/Part%20XV%20-%20Borderline%20Substances>
2. Guidelines for the appropriate prescribing of oral nutritional supplements (ONS) for adults in primary care, PrescQIPP, April 2017 [accessed 02/12/2024] <https://www.prescqipp.info/umbraco/surface/authorisedmediasurface/index?url=%2fmedia%2f1512%2fb145-ons-guidelines-30.pdf>
3. MIMS for current prices [accessed 25/11/2024]

Annexes

Annex 1: ['MUST' and the Malnutrition Care Pathway for Adults](#)

Annex 2: [Prescribing ONS in Primary Care](#)

Annex 3: ['Boost Your Nutritional Intake' patient information leaflet](#)

Annex 4: [ONS Prescribing for Adults FAQs](#)