

Primary Care Oral Nutritional Supplement (ONS) Quick Guide and Thickener Formulary

Updated: September 2021

Review: September 2022

Use the MUST NHS Northamptonshire ONS Formulary template (SystemOne® and Emis Web®) to identify nutritional risk level, print nutrition leaflets and generate appropriate Dietitian referrals. When food first application fails to improve nutrition and ACBS criteria are met for use of supplements:- Prescribe first line (GREEN) products on ACUTE issue, TWICE DAILY and select 'assorted flavours'.

- Review after ONE month and aim to transition to diet within THREE months.
- If no improvement, consider referral to the Dietitian.

Advise patient to refrigerate products and to drink between meals, preferably one hour before meals.

If uncertain patient will tolerate the ONS, issue 8-14 bottles/sachets only for the first issue **ONLY**.

ONS FIRST LINE PRODUCTS (GREEN) FP10 PRESCRIPTIONS MEETING ACBS CRITERIA (see drug tariff)

Product	Company	Presentation	Cost per unit
Ensure Shake® <i>POWDER make with milk</i>	Abbott	57 gr sachet	£0.51
Altraplen Energy® <i>ready made milkshake</i>	Nualtra	200mls bottle	£0.89
Fortisip Compact® <i>ready made milkshake small volume</i>	Nutricia	125mls bottle	£1.33
Altra juce® <i>juice based when milk is not tolerated</i>	Nualtra	200mls bottle	£1.70

ONS PRODUCTS (AMBER) TO BE ISSUED UNDER THE GUIDANCE OF DIETITIAN

Second line products

Aymes Actasolve Smoothie® <i>vegetable based protein milk free</i>	Aymes	66 gr sachet	£1.06
Aymes® <i>Savoury soup</i>	Aymes	57g sachet	£0.75
Foodlink Complete® <i>powder to be made with milk in large tub</i>	Nualtra	1596 gram tub	£13.72
Fortisip Compact Fibre® <i>higher fibre milkshake</i>	Nutricia	125mls bottle	£2.20
Fortisip Compact Protein® <i>higher protein milkshake</i>	Nutricia	125mls bottle	£2.05
Fortisip 2kcal® <i>Requirements met in vitamins/minerals in 2 bottles</i>	Nutricia	200mls bottle	£2.22
Fresubin 3.2kcal® <i>very high calorie milkshake</i>	Fresenius	125mls bottle	£2.43
Aymes ActaSolve Delight® <i>powdered pudding</i>	Aymes	57g sachet	£1.05
Nutricrem® <i>pudding</i>	Nualtra	125 grams	£1.83

Third line products

Altrashot® <i>high fat and protein shot</i>	Nualtra	120mls bottle	£2.30
Calogen® <i>fat emulsion</i>	Nutricia	200ml/500ml bottle	£5.24/ £12.89
Elemental 028 extra® <i>elemental feed</i>	Nutricia	250mls tetrapack	£4.28
Modulen IBD® <i>can be used a sole nutritional source or supplement</i>	Nestle	400 grams	£17.35
Prosource Jelly® <i>high protein jelly</i>	Nutrinovo	118 mls pot	£2.07
Prosource and Prosource Plus® <i>protein supplement</i>	Nutrinovo	30mls sachet	£1.12/ £1.59
Prosource TF® <i>protein supplement for tube fed patients</i>	Nutrinovo	45mls sachet	£1.36
Prosource TF® Plant <i>protein supplement for tube fed patients</i>	Nutrinovo	45mls sachet	£2.10
Nepro HP® <i>renal milk based</i>	Abbott	220ml bottle	£3.88
Renapro® <i>powder protein supplement</i>	Renacare	20 gram sachet	£2.32
Scandishake® <i>high calorie powder milkshake</i>	Nutricia	85 grams	£2.75
Vital 1.5kcal® <i>peptide based</i>	Abbott	200mls bottle	£3.63
Vitajoule® <i>carbohydrate powder</i>	VitaFlo	500 grams	£5.23

ALL OTHER ONS (RED) AND NEED PRIOR APPROVAL WITH THE EXCEPTION OF PATIENTS ON TUBE FEEDS

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DYSPHAGIA PRODUCTS FOR USE UNDER THE DIRECTION OF DIETITIAN WITH GUIDANCE FROM THE SPEECH AND LANGUAGE THERAPIST

Nutritional products that are pre-thickened to various consistency levels for patients with diagnosed dysphagia.

Product	Company	Presentation	Cost per unit
Fresubin® Thickened (IDDSI level 2) <i>pre-thickened milk based supplement</i>	Fresenius	200mls bottle	£2.46
Nutilis Complete® Drink® (IDDSI level 3) <i>pre-thickened milk based supplement</i>	Nutricia	125mls bottle	£2.32
Nutilis Complete® Creme® (IDDSI level 3) <i>pre-thickened milk based pudding</i>	Nutricia	125 gram pot	£2.32
Nutilis Fruit Dessert® (IDDSI level 4) <i>pre-thickened fruit based pudding</i>	Nutricia	150 gram pot	£2.58

THICKENING AGENTS FOR USE UNDER THE DIRECTION OF SPEECH AND LANGUAGE THERAPIST

Products used to thicken liquids for patients with identified dysphagia

Product	Company	IDDSI descriptor	Based on 8 drinks per day
Nutilis Clear® 175 gram tin £8.46	Nutricia	Level 1 (2 tins)	£16.92
		Level 2 (4 tins)	£33.84
		Level 3 (5 tins)	£42.30
		Level 4 (11 tins)	£93.06

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Prices updated May 2022 accessed: <https://www.nhsbsa.nhs.uk/pharmacies-gp-practices-and-appliance-contractors/dictionary-medicines-and-devices-dmd>