

GP Quick Reference Guide for Prescribing ONS

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

FIRST LINE = Powdered ONS

If a patient qualifies for ONS, 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 whole milk)	Aymes Shake	Vanilla Banana Chocolate	£0.52	57g	383kcal	19g	Dosage: 57g twice a day Quantity: 56 sachets = 3,192g Duration: 28 days Rx Type: Acute
	Foodlink Complete	Strawberry Natural / Neutral Ginger (Aymes only)	£0.58				
Juice-based powder (Mix with 150ml water)	Aymes Actasolve Smoothie	Mango Peach Pineapple Strawberry & cranberry	£0.99	66g	298kcal	11g	Dosage: 66g twice a day Quantity: 56 sachets = 3,696g Duration: 28 days Rx Type: Acute
	Foodlink Smoothie	Orange & mango Peach Tropical Red berry	£1.00				
Compact milk-based powder (Mix with 100ml whole milk)	Aymes Shake Compact	Vanilla Banana Chocolate	£0.52	57g	320kcal	15g	Dosage: 57g twice a day Quantity: 56 sachets = 3,192g Duration: 28 days Rx Type: Acute
	Foodlink Complete Compact	Strawberry Natural / Neutral Ginger (Aymes only)	£0.58				
Savoury (Mix with 200ml water)	Aymes Actasolve Savoury	Chicken Potato & leek Vegetable	£0.85	57g	250kcal	9g	Dosage: 57g twice a day Quantity: 56 sachets = 3,192g Duration: 28 days Rx Type: Acute

Contraindications: Dysphagia • Allergens: check prior to prescribing • Galactosaemia • Not suitable for enteral feeding tubes

SECOND LINE = Ready-to-Drink ONS

If powdered ONS contraindicated (e.g. patient unable to mix independently, or cannot access milk / water)

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 bottles = 11,200ml Duration: 28 days Rx Type: Acute
Juice-based	Aymes ActaGain Juice	Apple Orange Peach Berry Medley Exotic Fruit	£1.80	200ml	300kcal	10g	Dosage: 200ml twice a day Quantity: 56 bottles = 11,200ml Duration: 28 days Rx Type: Acute
Compact milk-based	Fresubin 2kcal Mini	Vanilla Apricot-Peach Fruits of the Forest	£1.33	125ml	250kcal	13g	Dosage: 125ml twice a day Quantity: 56 bottles = 7,000ml Duration: 28 days Rx Type: Acute

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

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