

Prescribing Criteria according to local guidelines:

- Patient must be MUST > 2 – MUST calculator [here](#)
- Patient must meet the ACBS Criteria (Disease related malnutrition, dysphagia, short bowel syndrome, dialysis, IBD, malabsorption, post gastrectomy, Pre-operative, bowel fistula)
- Food first must be trialled for 1 month – see resources [here](#) (code: MCEH-VYJB)
- If initiating ONS, consider setting a weight goal, review and manage patient’s expectations on when ONS will be stopped

Choosing the Correct ONS according to Formulary:

	Choose one of these products	Do not prescribe, choose green alternative instead	Avoid prescribing modular ONS such as Calogen, Procal shot, Fresubin 5kcal shot unless clinical rational or a dietitian recommendation
1. Choose Powder ONS First	*Foodlink Complete / *Aymes Shake (mixed with 200 or 125 ml milk)	Fresubin 2.0 kcal, Ensure Shake/ Enshake, Complan Shake, Scandishake	<div style="border: 2px solid blue; padding: 5px;"> <p>If in doubt, please refer to HUHFT community dietitians for review</p> </div> <p>*Powder ONS are not suitable for patients unable to prepare the shake, on thickened fluids, with galactosaemia or cow’s milk protein allergy/intolerance, or diabetic patients with unstable BMs, patients with renal disease (CKD4 or above)</p>
2. Bottled ONS (Choose if powder not tolerated)	Aymes Complete / Fortisip Bottle / Ensure Plus Milkshake Style Fortisip/Altraplen Compact	Ensure Liquid, Fresubin Energy, Resource Energy, Ensure 2kcal	
3. High Protein 2kcal ONS (choose if high energy and protein ONS required)	*Foodlink Complete Powder, Altraplen Protein, Aymes ActaGain 2/4 Complete Maxi	Fresubin 2kcal, Fresubin Protein Energy, Fortisip Extra, Fortisip 2kcal,	
Juice (choose if powder/bottle not tolerated/indicated)	Aymes Actasolve smoothie / Altrajuice / Ensure Plus Juice	Fortijuice / Fresubin Jucy	
Deserts	Nutricreme / Aymes ActaSolve Delight Powder	Forticreme, Ensure Crème, Aymes Crème / Fresubin 2kal Crème	

For questions and further support please contact
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