

Oral Nutritional Supplements (ONS) guidance

The purpose of this guidance is to help you identify the ONS you could offer to the individual as a result of their MUST screening and the actions highlighted in the appropriate flowchart.

- **Fortisip Compact range**(125ml) should be offered as ONS of first choice as it is a high energy and high protein supplement. However it is milk based and may not be suitable for those who dislike milk or milky drinks. These provide 300kcal and 12-18g protein per bottle. They are gluten free. Recommended use: 1 – 2 bottles per day.
- **Fortijuce** (200ml) should be offered for those who dislike milk or milky drinks but should be used cautiously with individuals who have diabetes. It provides 300kcal and 7.8g protein per bottle). It is gluten free, lactose free and fat free.

ONS are not suitable for all individuals. In some complex cases, such as those who have renal/liver failure or Gastro-intestinal problems, ONS can be detrimental. If complex co-morbidities are affecting the individual's nutritional care, this may necessitate referral to your Dietetic Department.

Please inform primary care services, on the IDL, if the individual is likely to require medium to long term use of ONS but do not include them in the discharge drugs list.