






NHS Lothian

Oral Nutritional Supplements January 2025

/1 /2 etc.	First line, second line, etc. choice(s) within the pathway
	Key information to note for these recommendations
	Specialist Initiation: may be continued in a primary care setting
	Specialist Use Only: must only be prescribed by a specialist
	Unlicensed Medicine: a medicine with no UK marketing authorisation
	Unlicensed Indication: licensed medicine being used outside the terms of its licence



Group	Nutrition
Condition	Malnourishment
Pathway 1	Treatment with oral nutritional supplements

/1

i Requires to be reconstituted with 200mls whole milk

Complan Shake	SI	Complan Shake oral powder 57g sachets	
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/2

i Milk style

Ensure Plus Milkshake	SI	Ensure Plus milkshake style liquid	
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OR

i Juice style

Aymes Actagain Juce	SI	Aymes Actagain Juce liquid	
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OR

i Low volume

Fortisip Compact	SI	Fortisip Compact liquid	
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OR

i Fibre

Fresubin 2kcal Fibre	SI	Fresubin 2kcal Fibre drink	
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/3

i High protein, initiated on specialist advice

Fortisip 2kcal	SI	Fortisip 2kcal liquid	
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OR

i High protein, initiated on specialist advice

Fortisip Compact Protein	SI	Fortisip Compact Protein liquid	
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i Peptide, initiated on specialist advice

Vital 1.5kcal	SI	Vital 1.5kcal liquid	
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OR

i Vegan, initiated on specialist advice

Fortisip PlantBased 1.5kcal	SI	Fortisip PlantBased 1.5kcal liquid	
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OR

i Dysphagia, initiated on specialist advice. Patients that require thickened fluids and ONS (as assessed by a dietitian) should use a product appropriate to the IDDSI level advised by a Speech and Language Therapist.

Fresubin Thickened	SI	Fresubin Thickened Level 2 Fresubin Thickened Level 3	
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OR

i Dysphagia, used under specialist supervision only. Nutilis Clear is a xanthan gum based food and fluid thickening powder designed to modify the texture of both food and fluids.

Nutilis Clear powder	Nutilis Clear powder	
Prescribing notes	<ul style="list-style-type: none">For more information on referral process to dietetics please see NHS Lothian Dietetics Ref Help	