



**Scottish Oral Nutritional Supplements Short Life  
Working Group (ONS SLWG)**

**Best Practice Guidance for Adult ONS Formulary  
Development**

Produced by the Formulary Sub-Group of the ONS SLWG,  
September 2017

## Key Guidance

Oral nutritional supplements (ONS) are 'Foods for Special Medical Purposes' which can be prescribed in the UK under indications as specified by the Advisory Committee for Borderline Substances (ACBS).

This best practice guidance should be used by NHS Boards when developing or reviewing their local adult ONS formularies. The aims are:

- To reduce variation in ONS formularies and support a move towards a Single National Formulary
- To reduce variation in ONS prescribing across Scotland
- To promote high quality, clinical and cost effective ONS prescribing

ONS should only be prescribed in the presence of specific indications as defined by the Advisory Committee on Borderline Substances (ACBS). Those initiating ONS must also take into account an individual's medical history and special dietary requirements (including food allergies) when recommending an ONS product. Some products may not be appropriate for those with, for example, chronic kidney disease, diabetes or who are pregnant.

All Boards should have a joint adult Oral Nutritional Supplements (ONS) formulary covering hospital and community settings. It is recognised that ONS products may vary across these settings for practical and best value reasons but, where possible, aim to limit variation between settings.

**Adult ONS formularies should include the following products (for categories please refer to category lists on the following pages):**

1. One standard ONS powdered product (from Category 6) should be used as the 1<sup>st</sup> line product in community settings (and acute settings where possible).
2. Ready made products can be used as a 2<sup>nd</sup> line option if patients are unable to reconstitute the powdered product or don't like milk:
  - a. One ready-made milkshake style (from Category 3)
  - b. One yoghurt style (from Category 3)
  - c. One savoury style (from Category 3)
  - d. One juice style product (from Category 2)
3. One compact style product (from Category 5) when a low volume is indicated.

4. One higher protein style product (from Category 4), where additional protein is required.
5. Where a standard ONS powdered product is the 1<sup>st</sup> line preferred option, Boards may wish to include one Dysphagia, Pre-thickened ONS product (Category 13) for use ONLY where patients are unable to thicken the 1<sup>st</sup> line standard ONS powdered product.
6. Where a Board has a Thickening Agent on their ONS formulary (Category 11), these are best used on the advice of a specialist such as a Speech and Language Therapist following a swallow assessment. Speech & Language Therapy services should be involved in the decision regarding the formulary product option.

For the remaining ONS categories (below), it is recommended that these products are **not** routinely included on adult ONS formularies. Some use of these products may be expected, however it is recommended that all non-formulary products should be by dietitian initiation only. Boards may wish to specify within their local formulary the specialist products of choice for use within their Board area from these categories:

- Category 1: ONS products providing 1.0kcal/ml
- Category 7: High calorie powdered products
- Category 8: Modular / Low Volume products
- Category 9: Specialist products – tolerance
- Category 10: Specialist products – other
- Category 12: Pre-thickened juice drinks
- Category 14: Dessert products

It is recommended that those initiating ONS should be aware of product costs to aid decision making around the most clinically and cost effective product choice.

ONS starter packs should only be prescribed for patients **once** as these are for trial purposes only. Boards may wish to specify within their local formulary their starter packs of choice.

ONS formulary changes should be communicated timeously with Community Pharmacy to help manage stock holding.

## Categorised product list

The following list was agreed by the Prescribing Information Sub Group of the ONS  
SLWG September 2017 – names and unit sizes therefore correct as at this time.

| Product   | Unit size   |
|---|-------------|
| <b>01. ONS - Products providing 1.0kcal per ml</b>                |             |
| Fresubin Original   | 200ml       |
| Ensure  | 250ml (can) |
| <b>02. ONS - Juice based products</b>                             |             |
| Ensure Plus Juice   | 220ml       |
| Fresubin jucy   | 200ml       |
| Fortijuce   | 200ml       |
| Fortijuce starter pack  | 200ml       |
| Resource Fruit  | 200ml       |
| <b>03. ONS - Milk based products providing 1.1-1.5kcal per ml</b> |             |
| Altraplen   | 200ml       |
| Altraplen protein   | 200ml       |
| Aymes Complete  | 200ml       |
| Ensure Plus Commence  | 220ml       |
| Ensure Plus Fibre   | 200ml       |
| Ensure Plus Milkshake style                                       | 220ml       |
| Ensure Plus Savoury   | 200ml       |
| Ensure Plus Yoghurt Style   | 200ml       |
| Fortisip bottle   | 200ml       |
| Fortisip Multifibre   | 200ml       |
| Fortisip Savoury Multifibre                                       | 200ml       |
| Fortisip Range Starter Pack                                       | 200ml       |
| Fortisip Yoghurt Style  | 200ml       |
| Fresubin Energy   | 200ml       |
| Fresubin Energy Fibre   | 200ml       |
| Fresubin Protein Energy   | 200ml       |
| Resource Energy   | 200ml       |
| Nutricomp Drink Plus  | 200ml       |
| <b>04. ONS - Products providing over 1.5kcal per ml</b>           |             |
| Ensure Twocal   | 200ml       |
| Fortisip Extra  | 200ml       |
| Fortisip Extra Starter Pack                                       | 200ml       |
| Fortisip 2kcal  | 200ml       |
| Fresubin 2kcal Drink  | 200ml       |
| Fresubin 2kcal Fibre Drink  | 200ml       |
| Resource 2.0 Fibre  | 200ml       |
|   |             |

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|---|---|
| <b>05. ONS - Compact products providing over 1.5kcal per ml</b> |   |
| Ensure Compact  | 125ml   |
| Fortisip Compact  | 125ml   |
| Fortisip Compact Starter Pack                                   | 125ml   |
| Fortisip Compact Fibre  | 125ml   |
| Fortisip Compact Fibre Starter pack                             | 125ml   |
| Fortisip Compact Protein  | 125ml   |
| Fortisip Compact Protein Starter pack                           | 125ml   |
| Altraplen Compact   | 125ml   |
| Altraplen Compact Starter / 'cluster' Pack                      | 4 x 125ml bottles   |
| Fresubin 2kcal Mini Drink                                       | 125ml   |
| Fresubin 2kcal Fibre Mini Drink                                 | 125ml   |
| <b>06. ONS - Standard powdered products</b>                     |   |
| Aymes Shake   | 57g sachet  |
| Aymes Shake starter pack  | 57g sachet  |
| Aymes Shake (Chicken)   | 57g sachet  |
| Complan Shake   | 57g sachet  |
| Complan Shake starter packs                                     | 57g sachet  |
| Ensure Shake  | 57g sachet  |
| Fresubin Powder Extra   | 62g sachet  |
| Foodlink Complete(>1.5kcal/ml)                                  | 7*57g sachet  |
| Foodlink Complete with Fibre (>1.5kcal/ml)                      | 10 *63g sachet  |
| <b>07. ONS - High calorie powdered products</b>                 |   |
| Calshake  | 87g sachet/90g sachet (chocolate only)                    |
| Scandishake Mix   | 85g sachet  |
| Enshake   | 96.5g   |
| <b>08. Modular/Low Volume Products</b>                          |   |
| Calogen   | 200ml, 500ml  |
| Calogen Extra   | 200ml   |
| Pro-Cal Shot  | 120ml and 250ml   |
| Pro-Cal Shot Starter pack                                       | 3 x 120ml   |
| Pro-Cal   | 25 x 15g sachet, 510g tub, 1.5kg tub 12.5kg tub, 25kg tub |
| Pro-Cal Powder starter pack                                     |   |
| Pro-Cal singles   | 60 x 30mls  |
| Calogen Extra Shots   | 6 x 40ml pots   |
| Fresubin 5kcal shot   | 120ml   |
| MCT Pro-Cal   | 30 x 16g  |
| Liquigen  | 250ml   |
| Maxijul Super Soluble   | 132g x 4 sachets, 200g can, 2.5kg can, 25kg               |
| MCT Duocal  | 400g can  |
| Medium-chain Triglyceride (MCT) oil                             | 500ml   |

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|---|--|
| Polycal   | 400g can, 200ml bottle                   |
| ProSource Liquid                                  | 30ml *100 sachets                        |
| ProSource Plus                                    | 30ml *100 sachets                        |
| ProSource Jelly                                   | 118ml cup                                |
| Protifar  | 225g can, 2kg can                        |
| Vitajoule   | 500g can, 2.5kg can, 25kg can            |
| Altrashot   | 120ml                                    |
| Altrashot starter / 'cluster' pack                | 4 x 120ml bottles                        |
| <b>09. Specialist Products - Tolerance</b>        |  |
| Elemental 028 Extra                               | 250ml carton                             |
| Elemental 028                                     | 100g sachet                              |
| Nestle Nutrition Flavour Mix (Banana)             | 60g tub                                  |
| Nestle Nutrition Flavour Mix (Strawberry)         | 60g tub                                  |
| Peptamen  | 200ml                                    |
| Vital 1.5   | 200ml                                    |
| Survimed OPD Drink                                | 200ml                                    |
| <b>10. Specialist Products - Other</b>            |  |
| Forticare (ca)                                    | 125ml carton                             |
| Ensure Plus Advance                               | 220ml                                    |
| Modulen IBD                                       | 400g can - 20% standard dilution, 500g   |
| Oral impact (acute product but is ACBS)           | 74g sachet                               |
| Renilon 7.5                                       | 125ml                                    |
| Nepro   | 220ml                                    |
| Prosure (ca)                                      | 240ml                                    |
| Renamil   | 100g *10                                 |
| Renapro   | 20g *30                                  |
| Renastart   | 400g can                                 |
| Respifor (COPD)                                   | 125ml                                    |
| Optifibre   | 5g *16 sachets, 250g can                 |
| <b>11. Dysphagia - Thickening Agents</b>          |  |
| Nutlis  | 12g *20 sachets, 300g tin                |
| Nutlis Clear                                      | 175g                                     |
| Resource ThickenUp                                | 227g powder, 74*4.5g sachet              |
| Resource ThickenUp Clear                          | 125g powder, 24*1.2g sachet              |
| Thicken Aid                                       | 225g , 100*9g sachet                     |
| Thick and Easy                                    | 100g x 9g sachets, 225g tin, 4.54kg pack |
| Thixo-D   | 375g powder                              |
| Vitaquick   | 300g powder, 2kg tin, 6kg tin            |
| Multithick  | 250g powder                              |
| Thixo-D Cal Free                                  | 30g                                      |
| Swalloweze Clear                                  | 125g until 4/5/17, now 165g              |
| Thick & Easy Clear                                | 1.4g sachet, 126g tin                    |
| <b>12. Dysphagia - Pre-Thickened Juice Drinks</b> |  |

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| SLO Drinks                               | 115ml * 25   |
| Resource Thickened drink                 | 114ml *12  |
| Thick and Easy Thickened Juice Drinks    | Various sizes incl. 1.42 litre bottle and 118ml pots |
| <b>13. Dysphagia - Pre-Thickened ONS</b> |  |
| Fresubin thickened Stage 1               | 200ml  |
| Fresubin thickened Stage 2               | 200ml  |
| Nutrilis Complete Stage 1                | 125ml  |
| Nutrilis Complete Stage 2                | 125g pot   |
| SLO Milkshakes+                          | 50g * 7  |
| <b>14. Dysphagia - Desserts</b>          |  |
| Ensure Plus Crème                        | 125g   |
| Forticreme Complete                      | 125g   |
| Fortisip Fruit Dessert                   | 150g   |
| Fresubin Yocrème                         | 125g   |
| Fresubin 2kcal Crème                     | 125g   |
| Resource Dessert Fruit                   | 125g   |
| Clinutren Dessert                        | 125g   |
| Nutricrem                                | 125g pot   |
| Nutrilis Fruit Stage 3                   | 150g   |