

First Choice Swaps for Oral Nutrition Supplements (ONS) in Primary Care 26/27

1. Use the below guidance to safely swap your patient's current ONS to a first-choice alternative for clinical and cost effectiveness.
2. Before swapping products, use the 'ONS prescribing algorithm' document to assess whether the ONS is still indicated.
3. **If there has been a dietitian review in the last 6 months, or the patient is currently under the care of a specialist dietitian, with a request for a specific product, do not change the product.**
4. **In addition, do not swap ONS products for the following patients, and leave as currently prescribed:**
 - Tube fed
 - Dysphagia / swallowing difficulties
 - Eating Disorder
 - Chronic kidney disease stage 4 or 5 (eGFR <20), due to complex electrolyte needs.
5. **If swaps to alternative products are made, issue the same quantity of the alternative product unless specified in the guidance below.**

ACBS ONS category	Current product	Recommended swap
Milkshake powder 1.4-1.6kcal/ml	Ensure Shake (Abbott) Complan (Nutricia)	Aymes Shake (Aymes). Recommend Complan over the counter or Aymes Shake.
Milkshake higher volume, higher energy powder 2 kcal/mL	Scandishake (Nutricia), Calshake (Fresenius Kabi), Enshake (Abbott).	Foodlink Extra (Nualtra) OR Aymes ActaSolve High Energy.
Milkshake - ready to serve 1.5kcal/ml	Ensure Plus Milkshake Style (Abbott), Fortisip Bottle (Nutricia), Fresubin Energy (Fresenius Kabi).	Altraplen Energy (Nualtra)
Juice Style 1.5kcal/ml	Ensure Plus Juce (Abbott) Fresubin Jucy (Fresenius) Altrajuce (Nualtra)	Aymes Actagain 1.5 Juce (Aymes)

Milkshake lower volume 2 - 2.4 kcal/mL	Ensure Compact (125ml), Fortisip Compact (125ml), or Altraplen compact (125ml) twice per day.	Altraplen Compact Daily (250ml) once per day <u>and advise patients to split into 2 x 125ml portions, keeping the product in the fridge.</u>
Milkshake lower volume with fibre 2 - 2.4 kcal/mL	Fortisip Compact Fibre (Abbott, 125ml)	Fresubin 2kcal Fibre Mini (Fresenius, 125ml)
Milkshake with fibre 1.5 - 1.6 kcal/mL	Ensure Plus Fibre (Abbott), Fresubin Energy Fibre (Fresenius).	Fresubin 2kcal Fibre Mini (Fresenius). <i>Note not in the same ACBS ONS category but provides similar nutrition.</i>
Milkshake higher protein, higher energy 2 - 2.4 kcal/mL	Fortisip 2kcal (Nutricia), Ensure TwoCal (Abbott), Fresubin 2kcal (Fresenius), Aymes Actagain 2.0 (Aymes).	Aymes Actagain 2.4 (Aymes)
Milkshake higher protein 1.5 - 1.6 kcal/mL	Altraplen Protein (Nualtra), Ensure Plus Advance (Abbott), Fortisip Extra (Nutricia), Fresubin Protein Energy (Fresenius).	Fresubin Pro Compact (Fresenius) <i>Note not in the same ACBS ONS category but provides similar nutrition.</i>
Milkshake lower volume, higher protein 2.4 kcal/mL	Fortisip Compact Protein (Nutricia)	Fresubin Pro Compact (Fresenius)

6. Dessert Style ONS

NHS Dorset does not support routine prescribing of dessert-style ONS in primary care; however, prescriptions can be continued for:

- **Patients with previous dysphagia diagnosis or ongoing swallowing difficulties and a MUST score >2.**
- **Patients where the product has been requested for by a dietitian with a clear rationale for the product as well as a monitoring and review plan.**

For other patients:

- Consider whether patient’s dessert style ONS can be stopped without the need for an alternative product using the ONS Prescribing Algorithm.
- If nutrition support using ONS is still indicated, (e.g. MUST 2 or treatment goal set such as wound healing), swap to one of the first line products as outlined in the Prescribing Algorithm.

ACBS ONS category	Current product	Recommended swap (after assessment using Quick guide algorithm)
Dessert style	Nutricrem Fresubin 2kcal Crème Aymes Actagain Crème Fresubin Yocrema dessert Fresubin Dessert Aymes ActaSolve Delight Forticreme Complete EnergieShake Dessert	MUST 0-1: Food first approach (supermarket bought yoghurts, puddings or desserts). MUST 2: Aymes Shake (57g) or other options from the ONS Prescribing Algorithm depending on patient needs.