

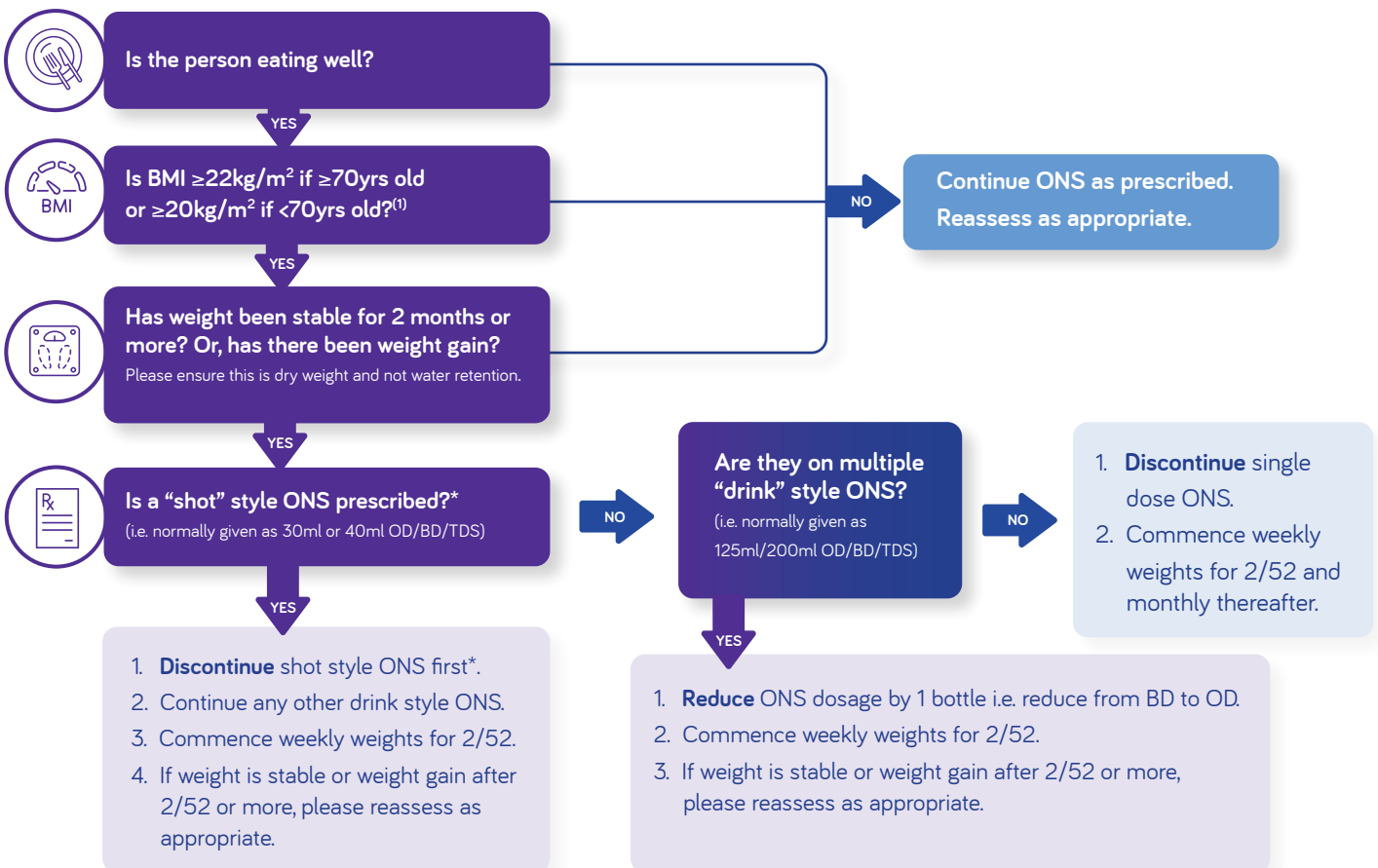
TO SUPPORT APPROPRIATE ORAL NUTRITIONAL SUPPLEMENT (ONS) DISCONTINUATION

This resource is intended for those who have previously started ONS due to malnutrition risk. **Note:** It is not appropriate for those who have been prescribed Cubitan for wound management. Before using this decision tree, please note the following:

- ✓ Those on ONS should be also on a **fortified, high protein, high calorie diet**
- ✓ ONS prescribed should be given **in line with any Speech & Language Therapy (SLT) guidelines**
- ✓ When discontinuing ONS, **always reduce ONS gradually** and monitor weight, to avoid a sudden deficit of calories
- ✓ **Taste preferences and taste fatigue should be considered** when giving ONS. Please see back of sheet for ONS flavours available

NOT TOLERATING ONS PRESCRIBED?

- Try other flavours available (see back of page)
- Mix small portions of ONS into **desserts/porridge/yoghurts/etc.** Neutral flavour (if available) is anecdotally well tolerated when mixed into food/fluid
- **Speak with kitchen staff about including ONS in recipes**
- See our video on 'Tips for those with poor tolerance to Oral Nutritional Supplements (ONS)'
- If the above has been completed and the ONS prescribed is still not tolerated, consider other ONS recommended by an appropriate HCP or refer to a dietitian if appropriate



*Shot style ONS often contain less protein, vitamin and minerals than drink style supplements. Therefore, when reducing ONS, shot style should be considered **before** drink style supplements.

References

(1) Cederholm et al., 2019. GLIM criteria for the diagnosis of malnutrition—a consensus report from the global clinical nutrition community. Journal of cachexia, sarcopenia and muscle, 10⁽¹⁾ pp.207-217.
*MIMS March 2023. Product comparisons per 100ml based on information obtained from: www.abbottnutrition.ie; www.nutra.com; www.fresenius-kabi.com/ie, www.nestlehealthscience.co.uk accessed 28/03/23

THE NUTRICIA RANGE OF ORAL NUTRITIONAL SUPPLEMENTS



Fortisip Compact Protein – available in 9 flavours:
Mocha, Neutral, Hot Tropical Ginger, Strawberry, Cool Red Fruits,
Vanilla, Berries, Peach-Mango, Banana



Fortisip Compact Fibre – available in 3 flavours:
Vanilla, Strawberry, Mocha



Fortisip Compact – available in 6 flavours:
Chocolate, Neutral, Strawberry, Vanilla, Mocha, Banana

ONLINE APPLICATION REQUIRED



Fortijuice – available in 5 flavours:
Tropical, Lemon, Apple, Orange, Strawberry

ONLINE APPLICATION REQUIRED



Nutilis Fruit Level 4 – available in 2 flavours:
Strawberry, Apple



Nutilis Complete Level 3 – available in 5 flavours:
Lemon Tea, Strawberry, Vanilla, Chocolate, Mango and Passion Fruit

All products shown here are Foods for Special Medical Purposes and must be used under medical supervision. See individual product labels or dietetic app for more details.

This information is intended for healthcare professionals only.

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