

Adults Oral and Enteral Nutrition Formulary – Primary Care

◆ – Specialist/ dietetic initiation only, ■ Specialist secondary care initiation, ** for home delivery bolus feed only, ♦♦ Specialist/SLT initiation only

- limit to 1 sachet per day unless recommended by a dietitian. For formulary enquiries please phone: 0141 232 1775 or email Presupdiet@ggc.scot.nhs.uk

Oral Nutritional Supplements (Primary Care)	
<p>Preferred List</p> <p>FIRST LINE</p> <ul style="list-style-type: none"> Ensure[®] Shake 57g Sachet # (7 Sachets pack) <p>SECOND LINE – Primary Care</p> <ul style="list-style-type: none"> Ensure[®] Plus (Milkshake Style) 220ml Bottle Ensure[®] Compact 125ml Bottle Fortisip[®] Compact 125ml Bottle – neutral flavour only 	<p>Total Formulary</p> <ul style="list-style-type: none"> Ensure[®] Plus Juce 220ml Bottle Ensure[®] Plus Fibre 200ml Bottle Ensure[®] Plus Yoghurt Style 220ml Bottle Fortisip[®] Compact Protein 125ml Bottle Fortisip[®] Extra 200ml Bottle Fortisip[®] Compact Fibre 125ml Bottle – Bolus feed only ◆ ** Elemental 028[®] Extra 100g Sachet ■ Elemental 028[®] Extra 250ml Tetrapak ■ Modulen IBD[®] 400g Tin ◆ Nepro[®] HP 220ml Bottle ◆ Vital 1.5kcal 200ml Bottle ◆ <p>Oral Nutritional Supplements for Dysphagia – Total Formulary Dietitian initiation only</p> <ul style="list-style-type: none"> Nutilis[®] Complete Stage 1 125g Bottles ◆ Nutilis[®] Complete Stage 2 125g Pots ◆

Thickeners (Primary Care)	
<p>PREFERRED LIST</p> <ul style="list-style-type: none"> Nutilis[®] Clear 175g Tin ♦♦ Nutilis[®] Clear Sachets 3g x 24♦♦ 	<p>TOTAL FORMULARY</p> <ul style="list-style-type: none"> Thick and Easy[®] 225g Tin ♦♦

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Enteral Feeds (Primary Care)	
<p>PREFERRED LIST - Primary Care</p> <ul style="list-style-type: none"> • Nutrison[®] 500ml, 1000ml, 1500ml Pack ◆ • Nutrison[®] Multifibre 500ml, 1000ml, 1500ml Pack ◆ • Nutrison[®] Soya 500ml Bottle, 1000ml Pack ◆ • Nutrison[®] Energy 500ml, 1000ml, 1500ml Pack◆ • Nutrison[®] Soya Multifibre 1500ml Pack ◆ • Nutrison[®] Energy Multifibre 500ml, 1000ml, 1500ml Pack ◆ • Nutrison[®] 800 Complete Multifibre 1000ml, Pack ◆ • Nutrison[®] Energy Multifibre Vanilla 200ml Bottle ◆ • Nutrison[®] 1000 Complete Multifibre 1000ml Pack ◆ • Nutrison[®] MCT 1000ml Pack◆ • Nutrison[®] 1200 Complete Multifibre 1000ml ,1500ml Pack ◆ • Nutrison[®] Peptisorb 500ml, 1000ml Pack ◆ 	<p>TOTAL FORMULARY - Primary Care</p> <ul style="list-style-type: none"> • Nepro[®] HP 500ml Pack ◆ • Perative[®] 500ml, 1000ml Pack ◆ • Twocal[®] 2.0kcal 1000ml Pack ◆ • Vital 1.5kcal 1000ml Pack ◆

Modular Supplements (Primary Care)	
	<p>TOTAL FORMULARY - Primary Care</p> <ul style="list-style-type: none"> • Polycal[®] Powder 400g Tin ◆

Fibre (Primary Care)	
	<p>TOTAL FORMULARY - Primary Care</p> <ul style="list-style-type: none"> • Optifibre[®] Powder 5g x 16 Sachet, 250g Can ◆

ORAL NUTRITIONAL SUPPLEMENTS (ONS)

PREFERRED LIST Primary Care

First Line - Primary Care

Nutritional supplements: 1.5 kcal/ml and 5g (or more) protein/100ml

Not suitable for use in child under 1 year; use with caution in child 1- 5 years unless otherwise stated

Limit to 1 sachet per day unless recommended by a dietitian

Ensure[®] Shake (Abbott)

Sachet: 57g Presentation 7 sachets per pack. Banana, chocolate, strawberry, vanilla

Powder 57g reconstituted with 200ml whole milk provides: protein 17g, carbohydrate 43.2g, fat 16.6g, energy 1626kJ (389 kcal)

Gluten Free. Residual lactose

Second Line - Primary Care

Nutritional supplements: 1.5 kcal/ml and 5g (or more) protein/100ml

Not suitable for use in child under 1 year; use with caution in child 1- 5 years unless otherwise stated

Ensure[®] Plus (Milkshake style) (Abbott)

Bottle: 220ml. Banana, chocolate, coffee, fruits of the forest, orange, peach, raspberry, strawberry, vanilla, neutral

(220ml = 330kcal) - A milk-based supplement. Best served chilled. Gluten Free. Residual lactose.

Nutritional supplements: More than 1.5 kcal/ml and 5g (or more) protein/100ml

Not suitable for use in child under 1 year; use with caution in child 1- 5 years unless otherwise stated

Ensure[®] Compact (Abbott)

Bottle: 125ml. Presentation 4 x 125ml bottles (500ml). Banana, café latte, strawberry, vanilla

(125ml=300kcal) – A milk-based supplement. Best served chilled. Gluten Free. Residual lactose

Nutritional supplements: More than 1.5 kcal/ml and 5g (or more) protein/100ml

Not suitable for use in child under 1 year; use with caution in child 1-5 years unless otherwise stated

Fortisip[®] Compact (Nutricia)

Bottle: 125ml. Presentation 4 x 125ml (500ml). **Neutral only**

(125ml=300kcal) – A milk-based supplement. Best served chilled. Residual lactose. Gluten Free.

ORAL NUTRITIONAL SUPPLEMENTS (ONS)

TOTAL FORMULARY Primary Care

Nutritional supplements : More than 1kcal/ml and less than 5g protein/100ml

Not suitable for use in child under 1 year; use with caution in child 1-5 years unless otherwise stated

Ensure[®] Plus Juce (Abbott)

Bottle: 220ml. Apple, fruit punch, lemon-lime, orange, peach, strawberry

(220ml = 330kcal) - A juice-based supplement. Non milk taste, not milk free. Gluten Free. Residual lactose. If milk free is required seek dietetic advice.

Nutritional supplements : 1.5 kcal/ml and 5g (or more) protein/100ml

Not suitable for use in child under 1 year; use with caution in child 1-5 years unless otherwise stated

Ensure[®] Plus Fibre (Abbott)

Bottle: 200ml. Banana, chocolate, raspberry, strawberry, vanilla

(200ml=310Kcal) – A milk-based supplement with added fibre

Best served chilled. Gluten Free. Residual lactose.

Nutritional supplements: 1.5 kcal/ml and 5g (or more) protein/100ml

Not suitable for use in child under 1 year; use with caution in child 1-5 years unless otherwise stated

Ensure[®] Plus Yoghurt Style (Abbott)

Bottle: 220 ml. Orchard peach, strawberry swirl

Best served chilled. Gluten Free. Residual lactose.

ORAL NUTRITIONAL SUPPLEMENTS (ONS)

TOTAL FORMULARY Primary Care

Nutritional supplements: More than 1.5 kcal/ml and 5g (or more) protein/100ml

Not suitable for child under 1 year, use with caution in child 1-5 years

Fortisip[®] Compact Protein (Nutricia)

Bottle: 125ml. Presentation 4 x 125ml bottles (500ml) Banana, mocha, strawberry, vanilla. Gluten Free.

(125 ml = 300kcal, 18g protein) – A milk-based supplement. Gluten Free. Residual Lactose.

Nutritional supplements: More than 1.5 kcal/ml and 5g (or more) protein/100ml

Not suitable for child under 1 year, use with caution in child 1-5 years

Fortisip[®] Extra (Nutricia)

Bottle: 125ml. Chocolate, forest fruits, mocha, strawberry, vanilla.

(200 ml = 320kcal, 20g protein) - A milk-based supplement. Gluten Free. Residual Lactose.

Nutritional supplements: 1.5 kcal/ml and 5g (or more) protein/100 ml

Not suitable for use in child under 3 years, not recommended for child 3-6 years

Fortisip[®] Compact Fibre (Nutricia) ♦ Specialist/ dietetic initiation only ** for home delivery bolus feeding only

Bottle: 200ml. Vanilla, mocha, strawberry

(125ml = 300kcal) - A milk-based supplement. Gluten Free. Residual Lactose.

Enteral feeds: Less than 1 kcal/ml and less than 5g protein/100 ml.

Amino acid formula (essential and non-essential amino acids)

Not suitable for use in child under 1 year and not recommended for child 1-6 years

Elemental 028[®] Extra (Nutricia) ■ Specialist secondary care initiation only

Sachet: 100g. Banana, orange, unflavoured. Amino acid formula.

Standard dilution 89kcal per 100ml. Powder provides equivalent 12.5g, carbohydrate 59g, fat 17.45g, energy 1871kJ(443kcal)/100g

ORAL NUTRITIONAL SUPPLEMENTS (ONS)

TOTAL FORMULARY Primary Care

Enteral feeds: Less than 1 kcal/ml and less than 5g protein/100 ml
Amino acid formula (essential and non-essential amino acids)
Not suitable for use in child under 1 year and not recommended for child 1-6 years

Elemental 028[®] Extra (Nutricia) ■ Specialist secondary care initiation only
Tetrapak: 250ml. Grapefruit, orange & pineapple, summer fruits. Amino acid formula.
(250ml = 215 kcal)

ORAL NUTRITIONAL SUPPLEMENTS (ONS)

TOTAL FORMULARY Primary Care

Specialised formulas for specific clinical conditions – Crohn’s disease active phase, and in remission if malnourished

Modulen IBD[®] (Nestle) ♦ Specialist/ dietetic initiation only

Tin: 400g. Unflavoured Gluten Free. Residual lactose.

(Standard dilution 100kcal per 100ml) Powder provides: protein 18g, carbohydrate 54g, fat 23g, energy 2070kJ(500kcal)/100g

Specialised formulas for specific clinical conditions

Not suitable for use in child under 1 year. Use with caution in child 1-5 years

Nepro[®] HP (Abbott) ♦ Specialist/ dietetic initiation only

Bottle: 220ml. Strawberry, vanilla.

(220ml = 220kcal)

Enteral feeds: 1.5 kcal/ml and 5g (or more) protein/100 ml

Not recommended for use in children.

Vital 1.5 kcal (Abbott) ♦ Specialist/ dietetic initiation only

Bottle: 200ml. Vanilla. Gluten Free. Residual lactose.

(200ml = 300kcal)

ORAL NUTRITIONAL SUPPLEMENTS (ONS) FOR DYSPHAGIA

TOTAL FORMULARY Primary Care

Nutritional supplements: More than 1.5 kcal/ml and 5g (or more) protein/100ml

Not suitable for child under 1 year, use with caution in child 1-5 years

Nutilis[®] Complete Stage 1 (Nutricia) ♦ Specialist/ dietetic initiation only

Bottle: 125ml. Presentation 4 x 125ml bottles. Strawberry, vanilla. Thickened milk-based supplement.

Gluten Free. Residual lactose.

Nutritional supplements: More than 1.5 kcal/ml and 5g (or more) protein/100ml

Not suitable for child under 1 year, use with caution in child 1-5 years

Nutilis[®] Complete Stage 2 (Nutricia) ♦ Specialist/ dietetic initiation only

Pot: 125g. Presentation 4 x 125g pots. Strawberry, vanilla. Thickened milk-based supplement.

Gluten Free. Residual lactose.

THICKENERS

PREFERRED LIST Primary Care

Feed thickeners and pre-thickened drinks

Not suitable for use in child under 3 years

Nutilis[®] Clear (Nutricia) ♦♦ Specialist/SLT initiation only

Tin: 175g powder

Feed thickeners and pre-thickened drinks

Not suitable for use in child under 3 years

Nutilis[®] Clear (Nutricia) ♦♦ Specialist/SLT initiation only

Sachets: 3g powder Presentation 24 x 3g

THICKENERS

TOTAL FORMULARY Primary Care

Feed thickeners and pre-thickened drinks

Not suitable for use in child under 1 years

Thick & Easy[®] Powder (Fresenius Kabi) ♦♦ Specialist/SLT initiation only

Tin: 225g powder

ENTERAL FEEDS

PREFERRED LIST Primary Care

Enteral feeds: 1 kcal/ml and less than 5g protein/100 ml
Not suitable for use in child under 1 year. Not recommended for child 1-6 years

Nutrison[®] (Nutricia) ♦ Specialist/ dietetic initiation only
Flexible pack: 500ml, 1000ml, 1500ml
(100ml= 100kcal). Gluten Free. Lactose free. Fibre free.

Enteral feeds: 1 kcal/ml and less than 5g protein/100 ml
Not suitable for use in child under 1 year. Not recommended for child 1-6 years

Nutrison[®] Multi Fibre (Nutricia) ♦ Specialist/ dietetic initiation only
Flexible pack: 500ml, 1000ml, 1500ml
(100ml= 103kcal). Gluten Free. Lactose free.

Enteral feeds: 1 kcal/ml and less than 5g protein/100ml
Soya protein formula
Not suitable for use in child under 1 year. Not recommended for child 1-6 years

Nutrison[®] Soya (Nutricia) ♦ Specialist/ dietetic initiation only
Bottle: 500ml. Flexible pack: 1000ml
(100ml= 100kcal). Gluten Free. Residual lactose. Milk protein and fibre free.

Enteral feeds: 1.5 kcal/ml and 5g (or more) protein/100ml
Not suitable for use in child under 1 year. Not recommended for child 1-6 years

Nutrison[®] Energy (Nutricia) ♦ Specialist/ dietetic initiation only
Flexible pack: 500ml, 1000ml, 1500ml
(100ml= 150kcal). Gluten Free and Fibre Free. Residual Lactose.

ENTERAL FEEDS

PREFERRED LIST Primary Care

Enteral feeds: 1 kcal/ml and less than 5g protein/100ml> Soya protein formula
Not suitable for use in child under 1 year. Not recommended for child 1-6 years

Nutrison[®] Soya Multi Fibre (Nutricia) ♦ Specialist/ dietetic initiation only

Flexible pack: 1500ml

(100ml= 103kcal). Gluten Free. Residual Lactose and Milk protein free.

Enteral feeds: 1.5 kcal/ml and 5g (or more) protein/100ml
Not suitable for use in child under 1 year. Not recommended for child 1-6 years

Nutrison[®] Energy Multi Fibre (Nutricia) ♦ Specialist/ dietetic initiation only

Flexible pack: 500ml, 1000ml, 1500ml

(100ml= 153kcal). Gluten Free. Residual Lactose

Enteral feeds: Less than 1.5 kcal/ml and 5g (or more) protein/100ml
Not suitable for use in child under 1 year. Not suitable for child under 6years. Not recommended for child 6-12 years

Nutrison[®] 800 Complete Multi Fibre (Nutricia) ♦ Specialist/ dietetic initiation only

Flexible pack: 1000ml

(100ml= 83kcal). Gluten Free. Residual Lactose. Contains Fish Oil

Enteral feeds: 1.5 kcal/ml and 5g (or more) protein/100ml
Not suitable for use in child under 1 year. Not recommended for child 1-6 years

Nutrison[®] Energy Multi Fibre Vanilla (Nutricia) ♦ Specialist/ dietetic initiation only

Bottle: 200ml

(100ml= 154kcal). Gluten Free. Residual Lactose.

Enteral feeds: Less than 1.5 kcal/ml and 5g (or more) protein/100ml
Not suitable for use in child under 1 year. Not recommended for child 1-6 years.

Nutrison[®] 1000 Complete Multi Fibre (Nutricia) ♦ Specialist/ dietetic initiation only

Flexible pack: 1000ml

(100ml= 104kcal). Gluten Free. Residual lactose

ENTERAL FEEDS

PREFERRED LIST Primary Care

Enteral feeds: Less than 1.5 kcal/ml and 5g (or more) protein/100ml
Not suitable for use in child under 1 year. Not recommended for child 1-6 years

Nutrison[®] MCT (Nutricia) ♦ Specialist/ dietetic initiation only

Flexible pack: 1000ml

(100ml= 100kcal). 61% MCT. Gluten Free. Residual Lactose . Fibre Free.

Enteral feeds: Less than 1.5 kcal/ml and 5g (or more) protein/100ml

Not suitable for use in child under 1 year. Not recommended for child 1-6 years. Use with caution up to 12 years.

Nutrison[®] 1200 Complete Multi Fibre (Nutricia) ♦ Specialist/ dietetic initiation only

Flexible pack: 1000ml, 1500ml

(100ml= 124kcal). Gluten Free. Residual Lactose

Enteral feeds: 1 kcal/ml and less than 5g protein/100ml

Peptide-based formula

Not suitable for use in child under 1 year. Not recommended for child 1-6 years

Nutrison[®] Peptisorb (Nutricia) ♦ Specialist/ dietetic initiation only

Flexible pack: 500ml, 1000ml

(100ml= 100kcal). Gluten Free. Fibre Free. Residual Lactose.

ENTERAL FEEDS

TOTAL FORMULARY Primary Care

Specialised formulas for specific clinical conditions

Not suitable for child under 1 year. Use with caution in children 1-5 years

Nepro[®] HP(Abbott) ♦ Specialist/ dietetic initiation only

Flexible pack: 500ml

(100ml = 200kcal). Gluten Free. Residual lactose.

Enteral feeds: Less than 1.5 kcal/ml and 5g (or more) protein/100ml

Not suitable for children under 5 years.

Perative[®] (Abbott) ♦ Specialist/ dietetic initiation only

Flexible pack: 500ml, 1000ml

(100ml = 131kcal). Gluten Free. Residual Lactose.

Enteral feeds: More than 1.5 kcal/ml and 5g (or more) protein/100ml

Not suitable for use in child under 1 year. Not recommended for child 1-6 years

TwoCal[®] (Abbott) ♦ Specialist/ dietetic initiation only

Flexible Pack: 1000ml

(100ml = 200kcal). Gluten Free. Residual Lactose.

Enteral feeds: 1.5 kcal/ml and 5g (or more) protein/100ml

Not recommended for use in children

Vital 1.5 kcal (Abbott) ♦ Specialist/ dietetic initiation only

Flexible Pack: 1000ml

(100ml = 150kcal). Gluten Free. Residual Lactose.

MODULAR SUPPLEMENTS

TOTAL FORMULARY Primary care

High-energy supplements: carbohydrate

Polycal[®] Powder (Nutricia) ♦ Specialist/ dietetic initiation only

Tin: 400g powder

(100g = 384kcal). Gluten Free. Lactose Free.

FIBRE TOTAL FORMULARY

Fibre, vitamin, and mineral supplements

High-fibre supplements

Not suitable for child under 5 years

Resource[®] Optifibre[®] Powder (Nestle) ♦ Specialist/ dietetic initiation only

Sachets 10g. Tin: 250g

(100g = 76kcal, 78g fibre). Gluten Free. Lactose Free.