

Ipswich and East Suffolk adult sip feed prescribing guidelines

Version 8

This formulary is currently under review, an interim update was made in May 2025

Originally produced by the Ipswich and East Suffolk Medicines Management team, in conjunction with the Dietitians, Ipswich Hospital, East Suffolk and North Essex NHS Foundation Trust (ESNEFT)

Contents

Aim and Objectives	2
Nutritional Screening	2
Nutrition Sip Feed Flow Chart	3
Advisory Committee on Borderline Substances (ACBS) guidance on FP10 prescribing	4
Key to colour coding of sip feeds	4
Sip feed formulary	5
Useful links	10
Appendix 1. Change log	11

Introduction

Aim

This document aims to provide clear guidance for prescribing nutritional sip feeds in adult patients (≥ 18 years) in Ipswich and East Suffolk. It is intended for use by General Practitioners, Practice Nurses, Community Nurses and other community prescribers. This document is currently undergoing a full review from its original version dated 2022. Please see change log for interim updates.

Objectives

- To improve the management of patients who are malnourished or identified as at risk of malnutrition
- To ensure appropriate cost-effective sip feed prescribing
- To reduce wastage through tailoring sip feed prescriptions to individual preferences
- To stop repeat prescriptions without regular review.

Nutritional screening

Nutritional screening should be the first step in identifying people at risk of malnutrition. Vulnerable groups include those with chronic diseases, older people, those recently discharged from hospital and those who are socially isolated.

Malnutrition screening in the community – implementing MUST

The NICE guidelines for nutrition support in adults (2006) state the following should be considered when assessing the need for nutrition support:

- The patient's current BMI
- Percentage unintentional weight loss
- The length of time that (food) intake has been / or is likely to remain inadequate.

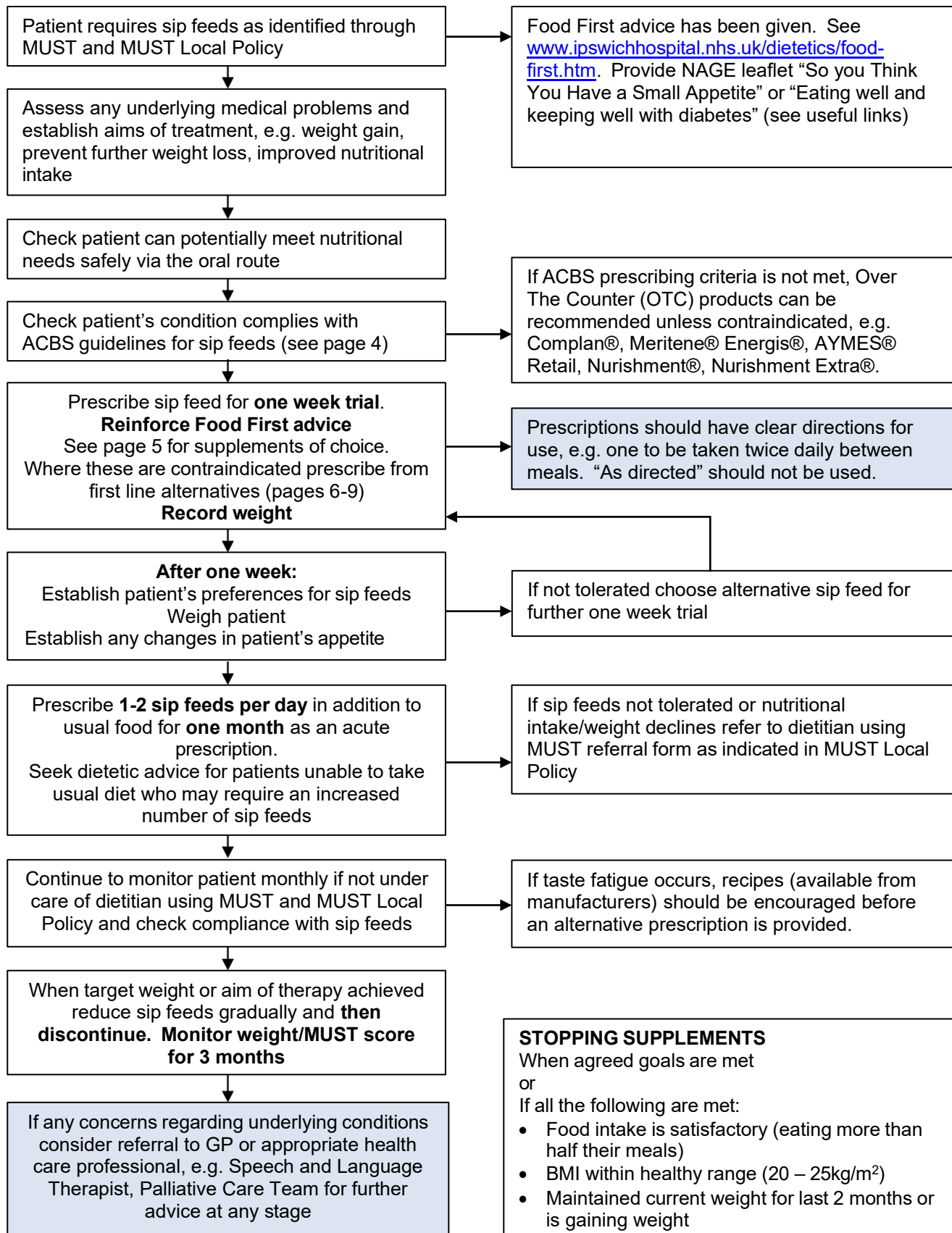
The Malnutrition Universal Screening Tool (MUST) incorporates all of the above and has been validated across a range of settings including general practice, the community and care homes. It is consistent, reproducible and easy to use. In addition to identifying malnutrition risk, it provides nutritional care plans to enable health professionals and carers to respond immediately if a patient is identified as being malnourished or at risk of malnutrition. The tool is available to download from www.bapen.org.uk.

Community dietitians at the Ipswich Hospital (ESNEFT) provide ongoing training to care home staff, Community Nurses, Local Care Teams and other care workers in Suffolk in using the MUST Tool and the food first approach. Contact Ipswich (01473 704000) dietitians to access MUST training.

Nutrition Sip Feed Flow Chart

(excludes residents in Care Homes*)

* See the policy on ONS in Care Homes – link on page 10



Advisory Committee on Borderline Substances (ACBS) guidance on FP10 prescribing

The Advisory Committee on Borderline Substances (ACBS) recommends the prescription of certain food products (such as enteral or sip feeds) on the basis that they are used as a treatment of the management of specified conditions.

The prescription of sip feeds should only occur when the patient's condition falls into one or more of the ACBS approved categories:

<u>Standard ACBS indications</u>	<u>Other ACBS indications</u>
<ul style="list-style-type: none"> • Short bowel syndrome • Intractable malabsorption • Pre-operative preparation of patients who are malnourished • proven Inflammatory bowel disease • Following total gastrectomy • Disease related malnutrition (DRM) • Bowel fistulae • Dysphagia 	<ul style="list-style-type: none"> • Continuous Ambulatory Peritoneal Dialysis (CAPD) • Haemodialysis

Formulary Colour Coding Key

The Oral Nutritional Supplements within this document have been colour coded to denote the following:

	Recommended first line products.
	Alternative products for use if there is a physical or medical reason a patient cannot take supplements from the green section, or if they do not tolerate supplements from the green section.
	Should only be prescribed under the guidance of a Dietitian.

- Supplements are listed by cost and not by nutritional content. Prices correct as of April 2025 (NHSBSA Dictionary of Medicines & devices).

Sip Feed Formulary

This is not an exhaustive list. New products regularly become available. The BNF and MIMS provide the full list of oral nutritional supplements (ONS). Products not listed here are not recommended as first-line and dietetic guidance is recommended before prescribing them.

The first line sip feeds of choice, unless contraindicated, are AYMES Shake, Complian Shake, Ensure Shake, Foodlink Complete, which provide 378-421kcal and 15-20g protein when mixed with 200ml whole milk. AYMES Shake Compact provides 316 – 321kcal and 12g protein when mixed with 100ml whole milk. Their full nutritional profile can be found on the manufacturers' website (see Appendix 1)

First Line – Preferred Options Supplements are listed by cost and not by nutritional content.

Product	Unit volume	Cost / sachet or bottle	Calories per serving	Protein (g) per serving
Complan Shake	57g sachet	53p	380*	15.5*
AYMES Shake	57g sachet	57p	384 – 389*	19*
	1600g tub (28 x 57g servings)	£15.96 per tub/ 57p per serving		
Foodlink Complete	57g sachet	58p	378 – 385*	17 – 19*
	1596g tub (28 x 57g servings)	£16.24 per tub/ 57p per serving		
Ensure Shake	57g sachet	65p	389*	17*
AYMES Shake Compact	57g sachet	57p	316 – 321**	12**
Foodlink Complete Compact	57g sachet	58p	318**	15**
Complan Shake Starter Pack	5 flavours of Complan Shake	74p	380*	15.5*
AYMES Shake Starter Pack	5 flavours AYMES Shake	76p	384 – 389*	19*
AYMES Shake Compact Starter Pack	5 flavours of AYMES Shake Compact	76p	316 – 321**	12**
Foodlink Complete Starter Pack	5 flavours of Foodlink Complete	92p	378 – 385*	17 – 19*
Foodlink Complete Compact Starter Pack	5 flavours of Foodlink Complete Compact	92p	318**	15**

* when mixed with 200ml whole milk ** when mixed with 100ml whole milk

Suggested intake: 1-2 servings a day unless otherwise indicated by the clinician or dietitian.

Contraindications:

- Limited dexterity & inability to make up the shake
- Cow's milk allergy or intolerance
- Soya allergy or intolerance – avoid AYMES Shake, Ensure Shake & Foodlink Complete brands
- Less than 6 years of age
- Galactosaemia
- Require thickened fluids
- Require ONS as a sole source of nutrition
- Require additional fibre via their ONS
- Not suitable for use with enteral feeding tubes

Patients with renal disease should be assessed by a dietitian prior to prescribing any of the above.

Patients with diabetes should have their oral intake assessed before an ONS is prescribed. Blood glucose levels should be monitored and treatment reviewed as necessary.

If contraindicated, the sip feeds overleaf are recommended as a first-line choice of supplement. Some are available as Starter Packs intended as an initial 3-10 day supply to assess preference.

Alternative options. Supplements are listed by cost and not by nutritional content.

Milkshake style sip feeds:

Product	Unit volume	Cost/sachet or bottle	Calories per serving	Protein (g) per serving
EnergieShake Complete 1.5kcal (1.5kcal/ml)	200ml bottle	89p	300	12
Altraplen Energy	200ml bottle	99p	300	12
Aymes Actagain 1.5 Complete® (previously Aymes Complete) (1.5kcal/ml)	200ml bottle	£1.11	300	12
Fortisip Bottle (1.5kcal/ml)	200ml bottle	£1.45	300	12
Fresubin 2kcal mini drink (2kcal/ml)	125ml bottle	£1.45	250	12
Ensure Plus Milkshake Style (1.5kcal/ml)	200ml bottle	£1.52	300	12
Fresubin Energy (1.5kcal/ml)	200ml bottle	£1.53	300	11
Altraplen Compact (2.4kcal/ml)	125ml bottle	£1.61	300	12
Fortisip Compact (2.4kcal/ml)	125ml bottle	£1.65	300	12
Ensure Compact (2.4kcal/ml)	125ml bottle	£1.78	300	13
Actagain 2.0® (previously Aymes 2.0kcal) (2kcal/ml)	200ml bottle	£2.10	400	16
Ensure Plus Advance (1.5kcal/ml)*	220ml bottle	£2.38	330	20
Fresubin 2kcal (2kcal/ml)	200ml bottle	£2.40	400	20
Fortisip 2kcal (2kcal/ml)	200ml bottle	£2.50	400	20
Fresubin 3.2kcal (3.2kcal/ml)	125ml bottle	£2.56	400	20
Resource Energy (1.5kcal/ml)	200ml bottle	£2.66	300	11
Fresubin Original (1kcal/ml)	200ml bottle	£3.31	200	8
Ensure (1 kcal/ml)	250ml can	£3.42	251	10

* for those over 65 years of age, BMI <23kg/m².

Juice-style sip feeds: An alternative for patients who do not like/tolerate milk or milk-based sip feeds.

Product	Unit volume	Cost/sachet or bottle	Calories per serving	Protein (g) per serving
AYMES ActaSolve Smoothie	66g sachet	£1.08	297*	11*
AYMES ActaGainJuice	200ml bottle	£1.80	300	11
Fortijuice (1.5kcal/ml)	200ml bottle	£1.80	300	8
Altrajuice (1.5kcal/ml)	200ml tetra	£1.89	300	8
Fresubin Jucy (1.5kcal/ml)	200ml bottle	£1.89	300	8
Ensure Plus Juice (1.5kcal/ml)	220ml bottle	£2.75	330	11

* when made up with 150ml water

Yoghurt-style sip feeds: Less sweet, and useful for patients with taste fatigue or taste changes.

Product	Unit volume	Cost/sachet or bottle	Calorie per serving	Protein (g) per serving
Fresubin YoDrink (1.5kcal/ml)	200ml bottle	£1.92	300	15
Fortisip Yogurt Style (1.5kcal/ml)	200ml bottle	£2.92	300	12

Savoury-style supplements: Best served warm as a soup or added to sauces.

Product	Unit volume	Cost/ sachet or bottle	Calories per serving	Protein (g) per serving
AYMES ActaSolve Savoury (1 kcal/ml)	57g sachet	93p	247-251*	9*

*when made up with water, ** when made up with whole milk

Other nutritional supplements available on prescription (not an exhaustive list)

Other energy and protein supplements are available in the form of powders, liquids and desserts.

Powdered milkshake style drinks: Supplements are listed by cost and not by nutritional content.

These drinks are made up with fresh milk or water. They are high in calories. Mixing instructions can be obtained from the manufacturer's website.

Product	Unit volume	Cost/sachet or bottle	Calories per serving	Protein (g) per serving
EnergieShake Powder	57g sachet	44p	381*	16*
Complan Shake	57g sachet	53p	380*	15.5*
AYMES Shake	57g sachet	57p	384 – 389*	19*
	1600g tub (28 x 57g servings)	£15.96 57p per serving		
Foodlink Complete	57g sachet	58p	378 - 385*	17 - 19*
	1596g tub (28 x 57g servings)	£16.24 58p per serving		
AYMES Shake Compact	57g sachet	57p	316 - 321^	12^
Foodlink Complete Compact	57g sachet	58p	318^	15^
Ensure Shake	57g sachet	65p	389*	17*
Fresubin Powder Extra	62g sachet	73p	400*	18*
AYMES Shake Fibre	57g sachet	87p	374*	19*
Foodlink Complete with Fibre	63g sachet	98p	413 - 421*	19 - 20*
AYMES ActaSolve Protein Compact	57g sachet	£1.17	312-315^	20^
AYMES ActaSolve High Energy	85g sachet	£1.60	588 - 593**	12**
Calshake	87g sachet (90g chocolate)	£3.12	600**	12**
Scandishake Mix	85g sachet	£3.57	587**	12**
Enshake	96.5g sachet	£3.67	600**	16**

* when made up with 200ml whole milk. ** when made up with 240ml whole milk ^ when made up with 100ml whole milk.

High protein sip feeds: Supplements are listed by cost and not by nutritional content.

These are high in protein. Useful in patients with chronic wounds, burns or fistulae. Seek advice if any concerns with renal function.

Product	Unit volume	Cost/sachet or bottle	Calories per serving	Protein (g) per serving
AYMES Shake	57g sachet	57p	384 – 389*	19*
	1600g tub (28 x 57g servings)	£15.96 57p per serving		
Foodlink Complete	1596g tub (28 x 57g servings)	£16.24 58p per serving	378 - 385*	17 - 19*
	57g sachet	58p		
EnergieShake 2.0kcal	200ml bottle	£1.52	400	19
Actagain 2.4 Daily (previously ActaGain 600)	250ml bottle	£1.60	600	24
Fortisip Extra (1.6kcal/ml)	200ml bottle	£1.65	318	20
Fresubin Pro Compact	125ml bottle	£1.69	300	18
Actagain 2.4	200ml bottle	£1.72	480	19
Altraplen Protein (1.5kcal/ml)	200ml bottle	£2.38	300	20
Ensure Plus Advance (1.5kcal/ml)**	220ml bottle	£2.38	330	20
Fresubin 2kcal (2kcal/ml)	200ml bottle	£2.40	400	20
Fresubin Protein Energy (1.5kcal/ml)	200ml bottle	£2.45	300	20
Fortisip 2kcal (2kcal/ml)	200ml bottle	£2.50	400	20
Fresubin 3.2kcal (3.2kcal/ml)	125ml bottle	£2.56	400	20
Fortisip Compact Protein (2.4kcal/ml)	125ml bottle	£2.60	300	18

* when made up with 200ml whole milk ** for those over 65 years of age with a BMI <23kg/m²

Fibre-containing sip feeds: Useful if patient is suffering with constipation. Shake well before drinking.

Supplements are listed by cost and not by nutritional content.

Product	Unit volume	Cost/sachet or bottle	Calories per serving	Protein (g) per serving
AYMES Shake Fibre	57g sachet	87p	374*	19*
Foodlink Complete with Fibre	63g sachet	98p	413 - 421*	19*
EnergieShake Advance 1.3kcal	200ml bottle	£1.25	260	14
Fresubin 2kcal Fibre mini drink (2kcal/ml)	125ml bottle	£1.56	250	12
Fresubin 2kcal Fibre (2kcal/ml)	200ml bottle	£2.50	400	20
Resource 2.0 Fibre (2kcal/ml)	200ml bottle	£2.61	400	18
Fresubin Energy Fibre (1.5kcal/ml)	200ml bottle	£2.76	300	11
Fortisip Compact Fibre (2.4kcal/ml)	125ml bottle	£2.87	300	12
Ensure TwoCal (2kcal/ml)	200ml bottle	£2.99	399	17
Ensure Plus Fibre (1.6kcal/ml)	200ml bottle	£3.05	310	13

* when made up with 200ml whole milk

Semi-solid desserts: Often used in patients with dysphagia.

Product	Unit volume	Cost/sachet or bottle	Calories per serving	Protein (g) per serving
EnergieShake Dessert (1.5kcal/g)	125g pot	£1.10	188	9
AYMES ActaSolve Delight	57g sachet	£1.15	302*	11*
AYMES ActaCal Crème (1.5kcal/g)	125g pot	£1.54	188	9
Fresubin 2kcal Crème (2.0kcal/g)	125g cup	£2.10	250	12.5
Forticreme Complete (1.6kcal/g)	125g pot	£2.60	200	12
Fresubin YOcrème (1.5kcal/g)	125g pot	£2.78	187	9
Fresubin Dessert Fruit (1.6kcal/g)	125g pot	£2.81	200	9
Nutillis Fruit Dessert Level 4 (1.4kcal/g)	150g pot	£3.36	206	11

* When made up with 75ml whole milk

Pre-thickened milk-shake style: Used in patients with dysphagia.

Product	Unit volume	Cost/sachet or bottle	Calories per serving	Protein (g) per serving
Slo Milkshake+ IDDSI level 2	50g sachet	£2.28	334*	24*
Slo Milkshake+ IDDSI level 3	50g sachet	£2.28	334*	24*
Fresubin Thickened Level 2 (1.5kcal/ml)	200ml bottle	£2.72	300	20
Fresubin Thickened Level 3 (1.5kcal/ml)	200ml bottle	£2.72	300	20
Nutillis Complete Drink Level 3 (2.45kcal/ml)	125ml bottle	£2.87	306	12
Nutillis Complete Crème Level 3 (2.45kcal/ml)	125ml pot	£2.87	306	12

* When made up with 200ml whole milk

Modular supplements: Specialist products only to be prescribed under the guidance of a dietitian, e.g.

Product	Type
Altrashot	Fat, carbohydrate & protein liquid
Calogen	Fat emulsion
Calogen Extra	Fat emulsion with protein, carbohydrate, vitamins and minerals
Calogen Extra Shot	Fat emulsion with protein, carbohydrate, vitamins and minerals
Maxijul Super Soluble	Glucose polymer powder
Pro-Cal Shot	Fat, carbohydrate & protein liquid
Pro-Cal Powder	Fat, carbohydrate & protein powder
Fresubin 5kcal Shot	Fat emulsion
ProSource	Collagen & whey protein liquid
ProSource Jelly	Protein jelly
ProSource Plus	Collagen & whey protein liquid

Useful links

AYMES mixing instructions: <https://aymes.com/blogs/mixing-instructions-videos>

Complan Shake mixing instructions: <https://www.nutricia.co.uk/hcp/pim-products/complan-shake.html>

Ensure Shake mixing instructions: <https://www.proconnect.abbott/uk/en/home/adult/products/ensure-shake>

Foodlink Complete and Foodlink Complete Compact mixing instructions: <https://www.nualtra.com/nualtra-products/foodlink-complete/>

Malnutrition Universal Screening Tool (MUST), available to download from the British Association for Parenteral and Enteral Nutrition (BAPEN) website at www.bapen.org.uk

Information on food first, the first-line treatment for malnutrition, is available from the dietitians at Ipswich Hospital. Telephone 01473 704000. <https://www.bapen.org.uk/education/nutrition-support/nutrition-by-mouth/food-first-food-enrichment/>

Fabulous Fortified Feasts. PrescQIPP. Food first recipe book.

<https://suffolkandnortheastsex.icb.nhs.uk/health-and-care-professionals-area/medicines-management/clinical-guidelines-and-position-statement/>

Appendix 1. Change log

Page	Type of change	Changes made to 2022 version 7
Cover	Amendment	Version changed to 8 and SNEE logo added
		Addition of interim review date and wording around undergoing full review
		IMOC approval date added.
Content	Amendment	Wording of pricing amended
2	Amendment	Added wording around undergoing full review
5-9	Amendment	Throughout the product tables the prices have been updated, listing order rearranged in price order. Formulary colours updated to new traffic light colours. Name changes as stated.
8	Insertion	Fresubin Pro Compact – new product added
10	Useful links	Updated references