# 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)

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# 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

Patient requires sip feeds as identified through MUST and MUST Local Policy

→ Food First advice has been given. See www.ipswichhospital.nhs.uk/dietetics/food-first.htm. Provide NAGE leaflet "So you Think You Have a Small Appetite" or "Eating well and keeping well with diabetes" (see useful links)

↓

Assess any underlying medical problems and establish aims of treatment, e.g. weight gain, prevent further weight loss, improved nutritional intake

↓

Check patient can potentially meet nutritional needs safely via the oral route

↓

Check patient's condition complies with ACBS guidelines for sip feeds (see page 4)

→ If ACBS prescribing criteria is not met, Over The Counter (OTC) products can be recommended unless contraindicated, e.g. Complan®, Meritene® Energis®, AYMES® Retail, Nurishment®, Nurishment Extra®.

↓

Prescribe sip feed for **one week trial**.
**Reinforce Food First advice**
See page 5 for supplements of choice.
Where these are contraindicated prescribe from first line alternatives (pages 6-9)
**Record weight**

→ Prescriptions should have clear directions for use, e.g. one to be taken twice daily between meals. "As directed" should not be used.

↓

**After one week:**
Establish patient's preferences for sip feeds
Weigh patient
Establish any changes in patient's appetite

→ If not tolerated choose alternative sip feed for further one week trial

↓

Prescribe **1-2 sip feeds per day** in addition to usual food for **one month** as an acute prescription.
Seek dietetic advice for patients unable to take usual diet who may require an increased number of sip feeds

→ If sip feeds not tolerated or nutritional intake/weight declines refer to dietitian using MUST referral form as indicated in MUST Local Policy

↓

Continue to monitor patient monthly if not under care of dietitian using MUST and MUST Local Policy and check compliance with sip feeds

→ If taste fatigue occurs, recipes (available from manufacturers) should be encouraged before an alternative prescription is provided.

↓

When target weight or aim of therapy achieved reduce sip feeds gradually and **then discontinue. Monitor weight/MUST score for 3 months**

↓

If any concerns regarding underlying conditions consider referral to GP or appropriate health care professional, e.g. Speech and Language Therapist, Palliative Care Team for further advice at any stage

**STOPPING SUPPLEMENTS**
When agreed goals are met
or
If all the following are met:

- Food intake is satisfactory (eating more than half their meals)
- BMI within healthy range (20 – 25kg/m$^2$)
- Maintained current weight for last 2 months or is gaining weight

# 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:

| **Standard ACBS indications** | **Other ACBS indications** |
|---|---|
| • Short bowel syndrome<br>• Intractable malabsorption<br>• Pre-operative preparation of patients who are malnourished<br>• proven Inflammatory bowel disease<br>• Following total gastrectomy<br>• Disease related malnutrition (DRM)<br>• Bowel fistulae<br>• Dysphagia | • Continuous Ambulatory Peritoneal Dialysis (CAPD)<br>• 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 light blue section, or if they do not tolerate supplements from the light blue 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, Complan 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/$m^2$.

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 ActaGainJuce | 200ml bottle | £1.80 | 300 | 11 |
| Fortijuce (1.5kcal/ml) | 200ml bottle | £1.80 | 300 | 8 |
| Altrajuce (1.5kcal/ml) | 200ml tetra | £1.89 | 300 | 8 |
| Fresubin Jucy (1.5kcal/ml) | 200ml bottle | £1.89 | 300 | 8 |
| Ensure Plus Juce (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

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## 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<br>57p per serving | | |
| Foodlink Complete | 57g sachet | 58p | 378 - 385* | 17 - 19* |
| | 1596g tub (28 x 57g servings) | £16.24<br>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<br>57p per serving | | |
| Foodlink Complete | 1596g tub<br>(28 x 57g servings) | £16.24<br>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/$m^2$

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 |
| Nutilis 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 |
| Nutilis Complete Drink Level 3 (2.45kcal/ml) | 125ml bottle | £2.87 | 306 | 12 |
| Nutilis 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://suffolkandnortheastessex.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 |