

## Sip Feed Comparison Chart (Mar 2019)

General Practitioners are reminded that the ACBS recommends products on the basis that they may be regarded as drugs for the management of specified conditions.

### Food supplements:

Standard ACBS indications: short-bowel syndrome, intractable malabsorption, pre-operative preparation of under-nourished patients, proven inflammatory bowel disease following total gastrectomy, bowel fistulas, or disease-related malnutrition and dysphagia. Practitioners should assess nutritional status before starting use of food supplements and offer advice about enriching nutritional value of normal diet, trialing a food first approach. The aim of treatment should be recorded and records of weight kept.

**Malnutrition Universal Screening Tool (MUST)** is available in Appendix 1c of the Somerset CCG prescribing formulary

<http://intranet.sompar.nhs.uk/media/6924/must-community-pathway-community-and-care-home-setting-updated-april-2018.pdf>

Or for more detailed information [http://www.bapen.org.uk/pdfs/must/must\\_full.pdf](http://www.bapen.org.uk/pdfs/must/must_full.pdf)

Somerset Partnership dietetic internet information for GPs /AHPs as follows: <http://www.sompar.nhs.uk/what-we-do/general-health/dietetics/information-for-health-professionals/>

- First line Food fortification information leaflets
- Build up and Nourishing alternate foods factsheets
- Palliative care – nutrition for life limiting illness factsheet
- Dietetic electronic referral form (including emis web version link)
- Additional food first information can be found here: <http://www.bapen.org.uk/nutrition-support/nutrition-by-mouth/food-first-food-enrichment>

When reviewing patients prescribed sip feeds consideration should be given to why and how long patients have had sips for, and stopping rather than switching if a clinical need may no longer apply.

**Renal patients** - Please be cautious when reviewing haemodialysis patients with confirmed malnutrition / fluid restrictions, link to separate SomPar renal formulary as follows <https://www.somersetccg.nhs.uk/about-us/how-we-do-things/prescribing-and-medicines-management/prescribing/prescribing-guidelines-by-clinical-area/nutrition/>

**Paediatric patients** – Please be cautious if reviewing paediatric patients, there are no CCG formulary recommendations due to it being a specialised area that requires dietetic review and assessment.

Supplement Style	Additional Features	Scorecard Project Positive Available Products (approximate kcal per serving)	Flavour Variety	Scorecard Project Negative Available Products (approximate kcal per serving)	Suitable for Malnourished Individuals with Insufficient Oral Intake...
Powder to add to food or drink		Pro-Cal powder (667 kcal per 100g)	neutral		added to food and drink to enhance energy and protein content.
Milkshake	Powdered (to make up with milk)	Aymes Shake (387kcal)	5	Calshake powder (596kcal)	for those who are able to make up their own drinks, consume large volumes and purchase milk (NB: not all powdered supplements contain a full range of vitamins and minerals)
		Complan Shake (380kcal)	5	Enshake (600kcal)	
		Ensure Shake (389kcal)	4	Scandishake Mix (587kcal)	
		Foodlink Complete (400kcal)	4		
		Fresubin Powder Extra (397kcal)	4		
Standard		Aymes Complete (300kcal)	4	Resource Energy (300kcal)	to meet basic energy and nutrient requirements and a preference for milk-based drinks
		Fortisip Bottle (300kcal)	10	Fresubin Original (200kcal)	
		Fresubin Energy (300kcal)	8	Ensure 250ml can (250kcal)	
		Nutricomp drink plus (300kcal)	9		
		Ensure Plus Milkshake Style (330kcal)	12		
Ensure Plus Commence (330kcal) This is a starter pack containing Ensure Plus Milkshake style	1				
Containing Fibre		Foodlink Complete + Fibre (416kcal) [powder sachet]	5	Ensure Plus Fibre (310kcal)	with increased fibre requirements e.g. individuals suffering from constipation (Not suitable for a fibre free diet)
		Nutricomp Drink Plus with Fibre (300kcal)	3	Fresubin Energy Fibre (300kcal) Resource 2.0 Fibre (400kcal) Fortisip Compact Fibre (300kcal)	
High Protein		Altraplen protein (300kcal) Aymes ActaGain 2.4 complete Maxi (480kcal)	2	Fortisip Extra (318kcal) Fortisip 2kcal (400kcal) Fresubin Protein Energy (300kcal) Fresubin 2kcal Drink (400kcal) Fresubin 2kcal Fibre Drink (400kcal)	with increased protein requirements e.g. elderly, wounds, post-operations, cancer
Low Volume		Aymes Shake Compact (320kcal) Altraplen Compact (300kcal) Fortisip Compact (300kcal) Ensure Compact (300kcal) Calogen Extra Shots (160kcal) 6x 40ml (not milkshake style)	5 4 2 8 2	Pro - cal shots (417kcal) Fresubin 5kcal shot (500kcal) Calogen extra (400kcal) Altrashot (420kcal per 120ml)	who cannot consume large volumes or fluid restricted. Do not switch confirmed haemodialysis pts on fluid restricted diets without discussing with dietitian

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Milkshake (continued)	Low Vol High protein	Fresubin 2kcal mini (250kcal)	3	Fortisip Compact Protein (300kcal)	with increased protein requirements who cannot consume large volumes / fluid restricted. Do not switch confirmed haemodialysis pts on fluid restricted diets without discussing with dietitian
	Low Vol with fibre	Fresubin 2kcal mini with fibre (250kcal)	2	Fortisip Compact Fibre (300kcal)	
	2kcal/ml	Aymes 2.0kcal (400kcal)	3	Ensure TwoCal (400kcal) Fortisip 2kcal (400kcal) Fresubin 2kcal Drink (400kcal)	who require a more energy dense ONS
	Once Daily	Aymes ActaGain 2.4 complete Maxi (480kcal)	2		who require a once a day preparation
Juice	Standard	No approved formulary products		Ensure Plus Juce (330kcal) Fortijuce (300kcal) Fresubin Jucy (300kcal)	with a preference for juice based drinks. Also suitable for low fat diets and patients with taste fatigue. (Not suitable for diabetics)
Smoothie	Standard	Aymes Shake Smoothie	4		with a preference for smoothie style drinks.
Yogurt	Standard	Fresubin Yodrink (300kcal) Ensure Plus Yoghurt Style	2	Fortisip Yogurt Style (300kcal)	with a preference for yogurt style drinks
			2	Fresubin Yocrema (187kcal)	
Dessert	Milk Based	Nutricrem (225kcal) Aymes crème (188kcal)	4	Forticreme Complete (200kcal)	with a preference for cream style desserts
			2	Fresubin 2kcal Crème (250kcal) Ensure Plus Crème (175kcal)	
Soup	Standard	Aymes Savoury (387kcal)	1 3	Meritene Energis (207kcal) Vitasavoury (300kcal) EnsurePlusSavoury(300)	with a preference for soup style savoury flavours
<b>Dysphagia patients ONLY</b>	Pre-thickened sachets to be made up with milk	Slo Milkshake + (327kcal) Level 2 and 3 (name change from stage 1 & 2)	2	Fresubin stage 1&2	who require pre-thickened ONS for <b>dysphagia confirmed patients only (dietitian assessment) – do not switch pts without discussing with dietitian</b>