

NHS Lothian

Oral Nutritional Supplements September 2026

/1 /2 etc.	First line, second line, etc. choice(s) within the pathway
	Key information to note for these recommendations
	Specialist Initiation: may be continued in a primary care setting
	Specialist Use Only: must only be prescribed by a specialist
	Unlicensed Medicine: a medicine with no UK marketing authorisation
	Unlicensed Indication: licensed medicine being used outside the terms of its licence



Group	Nutrition
Condition	Malnourishment

Pathway 1	Treatment with oral nutritional supplements
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/1

i	Requires to be reconstituted with 200mls whole milk
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Complan Shake	SI	Complan Shake oral powder 57g sachets	
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/2

i	Milk style
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Aymes Actagain 1.5 Complete	SI	Aymes Actagain 1.5 Complete liquid	
Ensure Plus Milkshake	SI	Ensure Plus milkshake style liquid	

OR

i	Juice style
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Aymes Actagain Juce	SI	Aymes Actagain Juce liquid	
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OR

i	Low volume
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Fortisip Compact	SI	Fortisip Compact liquid	
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OR

i	Fibre
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/3

Fresubin 2kcal Fibre 	Fresubin 2kcal Fibre drink	
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 High protein, initiated on specialist advice
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Fortisip 2kcal 	Fortisip 2kcal liquid	
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OR

 High protein, initiated on specialist advice
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Fortisip Compact Protein 	Fortisip Compact Protein liquid	
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 Peptide, initiated on specialist advice

Vital 1.5kcal 	Vital 1.5kcal liquid	
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OR

 Vegan, initiated on specialist advice

Fortisip PlantBased 1.5kcal 	Fortisip PlantBased 1.5kcal liquid	
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OR

 Dysphagia, initiated on specialist advice. Patients that require thickened fluids and ONS (as assessed by a dietitian) should use a product appropriate to the IDDSI level advised by a Speech and Language Therapist.
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Fresubin Thickened 	Fresubin Thickened Level 2 Fresubin Thickened Level 3	
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OR



Dysphagia, used under specialist supervision only. Nutilis Clear is a xanthan gum based food and fluid thickening powder designed to modify the texture of both food and fluids.

Nutilis Clear powder	Nutilis Clear powder	
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Prescribing notes

- For more information on referral process to dietetics please see [NHS Lothian Dietetics Ref Help](#)