

Oral Nutritional Supplements (ONS)

Information for Patients



Your Dietitian:

Telephone Number:

Date:

What is an Oral Nutritional Supplement?

Oral Nutritional Supplements (ONS) are sometimes called build up drinks or high energy/protein drinks.

They contain energy, protein, vitamins and minerals. Most ONS are powders which are added to milk. Some people may need ONS that come in ready to drink bottles.

ONS are prescribed for people who cannot get enough nutrition from food alone and are malnourished or have a condition that may cause malnutrition. Good nutrition is important for quality of life and can help prevent illness, help you tolerate treatment or recover from illness quicker.

My recommended ONS:

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Why do I need ONS?

My goals or targets are:

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How do I take ONS?

- Take the quantity advised by your dietitian
- Take in between meals, not instead of meals
- Most ONS taste best chilled. Prepared or opened ONS can be kept in the fridge for up to 24 hours
- Unopened ONS do not have to be kept in the fridge
- **Some ONS can be added into foods – for more information see this video**

Available at: <https://vimeo.com/716069401/aaa710aec2>

Or scan this QR Code using the camera on your smart phone



How long do I need to take ONS?

- Usually ONS are needed for 3 – 6 months to meet the goals set with your dietitian
- If goals aren't achieved within 6 months ONS may be stopped
- It is important that you attend all appointments with the dietitian so your progress can be monitored.

How do I get further supplies of ONS?

ONS started in hospital:

- If your dietitian recommends that you continue ONS at home you will be given a small supply from the hospital
- Your dietitian will arrange a prescription with your GP
- You may receive a different product at home than you used in the hospital.

ONS started out with hospital:

- Your dietitian will arrange trials for you to taste
- Once your dietitian knows your preferred flavours they will arrange a prescription with your GP
- If you are admitted to hospital your usual ONS may not be available. You can bring a small supply of your ONS into hospital to use or your dietitian will arrange an alternative that closely matches your usual ONS
- In most situations you can return to your usual ONS when you are discharged from hospital.

Stopping ONS?

- If you want to stop taking ONS you should phone your dietitian
- If you don't attend your appointment with the dietitian it is likely that your ONS will be stopped
- If you cannot keep your appointment, or have been given one that is unsuitable, please change it by phoning the number on your appointment letter. Your call will give someone else the chance to be seen and will help us keep waiting times to a minimum.