Prescribing Tip No. 227 Date: 20th December 2018

**Updated guidance on the prescribing of**

**Oral Nutritional Supplements**

**Prescribing tip for information**

The local formulary for use when prescribing oral nutritional supplements (ONS) has recently been updated with the input from local dietetic service.



The formulary should be used in conjunction with the Lancashire Medicines Management Group (LMMG) guidance [the use of oral nutritional supplements in primary care](http://www.lancsmmg.nhs.uk/download/guidelines/ONS-guidance-Version-1.0-September-2017.pdf). The LMMG guidance provides a clear pathway for practices to follow when deciding on the appropriateness of prescribing ONS supplementation. The ONS formulary provides recommendations on preferred first, second and third line agents to use and consists of a concise range of the most palatable and cost-effective products to use at each stage of the pathway.

The LMMG guidance and local formulary support a ‘food first approach’ to nutritional supplementation. Additional resources to support prescribers can be found on the [medicines optimisation page of sharepoint.](http://ccg.centrallancashire.nhs.uk/mmopt/ONS/Forms/AllItems.aspx)

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The updated formulary also contains guidance on the prescribing of pre-thickened supplements which should **only to be prescribed for patients with a history of dysphagia following an assessment by the SALT team.**

**NB. Ensure cans provide less nutrition per serving than the supplements listed on the formulary. They are rarely clinically indicated and are not recommended by dietetic services in this locality. Prescribing data across all practices in Greater Preston and Chorley & South Ribble CCG’s indicates a significant reduction in the prescribing spend on Ensure cans over the last 3 years.**

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| **Annual spend 2016/2017** | **Annual spend 2017/2018** | **Spend 12 months to September 2018** |
| **£73,830** | **£44,713** | **£27,114** |

**To contact the Medicines Optimisation Team please phone 01772 214302**