

Prescribing tip for information

Updated Oral Nutritional Supplements formulary

An updated Oral Nutritional Supplements (ONS) formulary has been developed jointly by the Medicines Optimisation and Dietetics teams for the practices of Greater Preston and Chorley & South Ribble CCG's. The [ONS formulary](#) consists of a concise **range of palatable and cost effective products for use in adults.**

The formulary should be used in conjunction with the Lancashire Medicines Management Group guidance [Oral Nutritional Supplements in primary care](#). The LMMG guidance provides a clear pathway for practices to follow when deciding on the **appropriateness of prescribing ONS supplementation and the point at which ONS should be reviewed and stopped.**

Within the ONS formulary products are categorised as green, amber or red.

	GP can prescribe as a first line product after food first advice and nutritional screening for appropriate patients
	A nutritional product which a GP can prescribe as a second line product if a first line product is unsuitable.
	A nutritional product to be prescribed on the recommendation of a state registered dietitian.

Both the ONS formulary and the LMMG support and promote the use of a 'Food first approach' to dietary supplementation. [A range of 'food first' resources](#) are available to support practices when discussing with patients a food first approach.

The formulary also provides recommendations from the SALT team on the range of products which are recommended for use in patients with a history of dysphagia. **The specialist products should only be prescribed for patients with a history of dysphagia following an assessment by the SALT team and on the recommendation of a dietitian.** Please note all patients on modified consistency fluids as recommended by a Speech and Language Therapist require a pre-thickened supplement.

To contact the Medicines Optimisation Team please phone 01772 214302