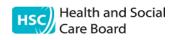


NI Formulary: Chapter 9 Nutrition

Please refer to the full version of the Formulary for further advice and information.

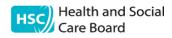
Therapeutic Area	Drug choice
Iron deficiency anaemia -	Ferrous fumarate 305mg capsules(100mg iron)
Oral Iron	
	1 Ferrous sulphate 200mg tablets (65mg iron)
Drugs used in megaloblastic	
anaemias	
(i) Vitamin B12 Deficiency	1 Hydroxocobalamin injection 1mg/1ml
(ii) Folate deficiency	Folic acid 5mg tablets
Pregnancy	
Supplementation requirements	
before and during pregnancy	
Folic acid for all women who could	1 Folic acid 400 microgram tablets
become pregnant	Available to purchase OTC
High risk of neural tube defects	1 Folic acid 5mg tablets
Vitamin D	1 Vitamin D 10 micrograms (400 units)
Throughout pregnancy and whilst	Available to purchase OTC
breastfeeding	
Vitamin D	Food supplements are available to purchase over the
	counter (OTC).
	Generic prescribing should be avoided to ensure a special is
	not dispensed. A licensed vitamin D product or a nutritional
	supplement should be selected.
	See 9.6.4 for list of licensed products
Vitamin B group	See chapter 4.10 for supplementation in alcohol
	<u>dependance</u>
Minerals	Follow specialist advice
Calcium supplement	Adcal chewable tablets, calcium carbonate 1.5g (Calcium
	600mg or Ca ²⁺ 15mmol)



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Therapeutic Area	Drug choice
Calcium and vitamin D supplements	see 6.6.1.1
	<u></u>
Multivitamins	Advise patient to purchase an OTC once-a-day multivitamin
	and mineral preparation
Oral Nutrition	See Oral Nutrition Guidance
Milkshaka Styla ONS	
Milkshake Style ONS Powdered ONS > kcal/ml	1 Aymes® Shake
rowdered ons > kcalyttii	1 Ensure® Shake
	1 Foodlink® Complete
Ready Made ONS 1.5cal/ml	Aymes® Complete *cost effective choice
Milkshake Style	1 Ensure® Plus milkshake style
If powdered ONS is not suitable	1 Fortisip® Bottle
Juice Style & Savoury ONS	
Powdered ONS 1.5kcal/ml Savoury	Aymes ActaSolve Savoury®
Ready Made ONS 1.5kcal/ml Juice	1 AltraJuce®*
style	*cost effective choice
If powdered ONS is not suitable	1 Ensure®plus Juce
•	1 FortiJuce®
Compact Preparations	
	compact preparations may be suitable
Powdered ONS 2.4Kcal/ml Compact	Aymes® Shake Compact
Milkshake Style	Foodlink® Complete Compact
Ready Made ONS 2.4Kcal/ml	1 Altraplen® Compact
Compact Milkshake Style	1 Ensure® Compact
If powdered ONS is not suitable	1 Fortisip® Compact
Dietician Led Products	
	ecommendation of a dietician, or a healthcare professional with
expertise in this area.	
See oral nutritional supplements	
Fibre containing ONS	
Powdered ONS 1.5kcal/ml with Fibre	Foodlink® complete with fibre
Boady Mado ONS 1 EVeal/ml	1 Ensure® Plus Fibre
Ready Made ONS 1.5Kcal/ml Milkshake Style with Fibre	
If powdered ONS is not suitable	
•	
Ready Made ONS 2.4kcal/ml	1 Fortisip® Compact Fibre
Compact Milkshake Style with Fibre	
High Protein ONS	
Ready Made ONS Milkshake Style	1 Altraplen Protein®
High Protein	AYMES ActaGain 2.4 Complete Maxi®*
	*cost effective choice
<u></u>	



NI Formulary: Chapter 9 Nutrition

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Therapeutic Area	Drug choice
Ready Made ONS Compact Milkshake	Fortisip Compact Protein®
Style High Protein	
Dessert Style ONS	
Powdered ONS Dessert Style	AYMES ActaSolve Delight®
(>200kcal and >10g protein per	
portion)	
Ready Made ONS	1 Nutricrem®*
Dessert style (>200kcal and >10g	*cost effective choice
protein per portion)	1 Fresubin® 2kcal crème
Modular Supplements	Should only be prescribed on the request of a dietitian (or a
	health care professional with expertise in this area) with
	clinical justification.