

## NI Formulary: Chapter 9 Nutrition

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

Therapeutic Area	Drug choice
<b>Iron deficiency anaemia - Oral Iron</b>	<p>① <b>Ferrous fumarate</b> 305mg capsules(100mg iron)</p> <p>① <b>Ferrous sulphate</b> 200mg tablets (65mg iron)</p>
<b>Drugs used in megaloblastic anaemias</b> <b>(i) Vitamin B12 Deficiency</b> <b>(ii) Folate deficiency</b>	<p>① <b>Hydroxocobalamin</b> injection 1mg/1ml</p> <p>① <b>Folic acid</b> 5mg tablets</p>
<b>Pregnancy</b> Supplementation requirements before and during pregnancy <b>Folic acid</b> for all women who could become pregnant  <b>High risk of neural tube defects</b>  <b>Vitamin D</b> Throughout pregnancy and whilst breastfeeding	<p>① <b>Folic acid</b> 400 microgram tablets <b>Available to purchase OTC</b></p> <p>① <b>Folic acid</b> 5mg tablets</p> <p>① <b>Vitamin D</b> 10 micrograms (400 units) <b>Available to purchase OTC</b></p>
<b>Vitamin D</b>	<p>Food supplements are available to purchase over the counter (OTC).</p> <p>Generic prescribing should be avoided to ensure a special is not dispensed. A licensed vitamin D product or a nutritional supplement should be selected.</p> <p><a href="#">See 9.6.4 for list of licensed products</a></p>
<b>Vitamin B group</b>	<a href="#">See chapter 4.10 for supplementation in alcohol dependance</a>
<b>Minerals</b>	Follow specialist advice
<b>Calcium supplement</b>	① <b>Adcal</b> 1500mg chewable tablets (calcium carbonate 1.5g)

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<b>Calcium and vitamin D supplements</b>	<a href="#">see 6.6.1.1</a>
<b>Multivitamins</b>	<ol style="list-style-type: none"> <li>Advise patient to purchase an OTC once-a-day multivitamin and mineral preparation</li> </ol>
<b>Oral Nutrition</b> <a href="#">See Oral Nutrition Guidance</a>	
<b>Milkshake Style ONS</b>	
Powdered ONS >1.5 kcal/ ml	<ol style="list-style-type: none"> <li>Aymes® Shake</li> <li>Ensure® Shake</li> <li>Foodlink® Complete</li> </ol>
Ready Made ONS 1.5kcal/ml <b>Only if powdered ONS is not suitable</b>	<ol style="list-style-type: none"> <li>Aymes® Actagain 1.5 Complete <b>*cost effective choice</b></li> <li>Ensure® Plus milkshake style</li> <li>Fortisip® Bottle</li> </ol>
<b>Juice Style &amp; Savoury ONS</b>	
Powdered ONS 1.5kcal/ml Savoury	<ol style="list-style-type: none"> <li>Aymes ActaSolve Savoury®</li> </ol>
Ready Made ONS 1.5kcal/ml Juice style <b>Only if powdered ONS is not suitable</b>	<ol style="list-style-type: none"> <li>AltraJuce®</li> <li>FortiJuce® <b>*cost effective choice</b></li> </ol>
<b>Compact Preparations</b> <a href="#">See Oral nutrition guidance for when compact preparations may be suitable</a>	
Powdered ONS 2.4Kcal/ml Compact Milkshake Style	<ol style="list-style-type: none"> <li>Aymes® Shake Compact</li> <li>Foodlink® Complete Compact</li> </ol>
Ready Made ONS 2.4Kcal/ml Compact Milkshake Style <b>Only if powdered ONS is not suitable</b>	<ol style="list-style-type: none"> <li>Altraplen® Compact- <b>*cost effective choice</b></li> <li>Ensure® Compact</li> <li>Fortisip® Compact</li> </ol>
<b>Dietician Led Products</b> Should only be prescribed under the recommendation of a dietician, or a healthcare professional with expertise in this area. <a href="#">See oral nutritional supplements</a>	
<b>Fibre containing ONS</b>	
Powdered ONS 1.5kcal/ml with Fibre	<ol style="list-style-type: none"> <li>Foodlink® complete with fibre</li> </ol>
Ready Made ONS 1.5Kcal/ml Milkshake Style with Fibre <b>Only if powdered ONS is not suitable</b>	<ol style="list-style-type: none"> <li>Ensure® Plus Fibre</li> </ol>
Ready Made ONS 2.4kcal/ml Compact Milkshake Style with Fibre <b>Only if powdered ONS is not suitable</b>	<ol style="list-style-type: none"> <li>Fortisip® Compact Fibre</li> </ol>
<b>High Protein ONS</b>	

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Ready Made ONS Milkshake Style High Protein	<p>① Altraplen Protein®</p> <p>① AYMES ActaGain 2.4</p> <p><b>*cost effective choice</b></p>
Ready Made ONS Compact Milkshake Style High Protein	<p>① Fortisip Compact Protein®</p> <p>① Fresubin® PRO compact</p>
<b>Dessert Style ONS</b>	
Powdered ONS Dessert Style (>200kcal and >10g protein per portion)	<p>① AYMES ActaSolve Delight®</p>
Ready Made ONS Dessert style (>200kcal and >10g protein per portion) <b>Only if powdered ONS is not suitable</b>	<p>① Fresubin® 2kcal crème- <b>*cost effective choice</b></p> <p>① Nutricrem®</p>
<b>Modular Supplements</b>	Should only be prescribed on the request of a dietitian (or a health care professional with expertise in this area) with clinical justification.