

## 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><b>1</b> <b>Ferrous fumarate</b> 305mg capsules(100mg iron)</p> <p><b>1</b> <b>Ferrous sulphate</b> 200mg tablets (65mg iron)</p>
<b>Drugs used in megaloblastic anaemias</b>  (i) <b>Vitamin B12 Deficiency</b>  (ii) <b>Folate deficiency</b>	<p><b>1</b> <b>Hydroxocobalamin</b> injection 1mg/1ml</p> <p><b>1</b> <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	<p><b>1</b> <b>Folic acid</b> 400 microgram tablets <b>Available to purchase OTC</b></p>
<b>High risk of neural tube defects</b>  <b>Vitamin D</b>  Throughout pregnancy and whilst breastfeeding	<p><b>1</b> <b>Folic acid</b> 5mg tablets</p> <p><b>1</b> <b>Vitamin D</b> 10 micrograms (400 units) <b>Available to purchase OTC</b></p>
<b>Vitamin D</b>	<p><b>Food supplements are available to purchase over the counter (OTC).</b></p> <p><b>Generic prescribing should be avoided to ensure a special is not dispensed. A licensed vitamin D product or a nutritional supplement should be selected.</b></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 dependence</a>
<b>Minerals</b>	Follow specialist advice
<b>Calcium supplement</b>	<b>1</b> <b>Adcal</b> 1500mg chewable tablets (calcium carbonate 1.5g)

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Calcium and vitamin D supplements	<a href="#">see 6.6.1.1</a>
Multivitamins	<p><b>1</b> Advise patient to purchase an OTC once-a-day multivitamin and mineral preparation</p>
Oral Nutrition	<a href="#">See Oral Nutrition Guidance</a>
Milkshake Style ONS	
Powdered ONS >1.5 kcal/ ml	<p><b>1</b> Aymes® Shake</p> <p><b>1</b> Ensure® Shake</p> <p><b>1</b> Foodlink® Complete</p>
Ready Made ONS 1.5cal/ml <b>Only if powdered ONS is not suitable</b>	<p><b>1</b> Altraplen® Energy *cost effective choice</p> <p><b>1</b> Aymes® Actagain 1.5 Complete</p> <p><b>1</b> Ensure® Plus milkshake style</p> <p><b>1</b> Fortisip® Bottle</p>
Juice Style & Savoury ONS	
Powdered ONS 1.5kcal/ml Savoury	<p><b>1</b> Aymes ActaSolve Savoury®</p>
Ready Made ONS 1.5kcal/ml Juice style <b>Only if powdered ONS is not suitable</b>	<p><b>1</b> AltraJuce®</p> <p><b>1</b> FortiJuce® *cost effective choice</p>
Compact Preparations	
<a href="#">See Oral nutrition guidance for when compact preparations may be suitable</a>	
Powdered ONS 2.4Kcal/ml Compact Milkshake Style	<p><b>1</b> Aymes® Shake Compact</p> <p><b>1</b> Foodlink® Complete Compact</p>
Ready Made ONS 2.4Kcal/ml Compact Milkshake Style <b>Only if powdered ONS is not suitable</b>	<p><b>1</b> Altraplen® Compact- *cost effective choice</p> <p><b>1</b> Ensure® Compact</p> <p><b>1</b> Fortisip® Compact- *cost effective choice</p>
Dietician Led Products	
Should only be prescribed under the recommendation of a dietitian, or a healthcare professional with expertise in this area.	
<a href="#">See oral nutritional supplements</a>	
Fibre containing ONS	
Powdered ONS 1.5kcal/ml with Fibre	<p><b>1</b> Foodlink® complete with fibre</p>
Ready Made ONS 1.5Kcal/ml Milkshake Style with Fibre <b>Only if powdered ONS is not suitable</b>	<p><b>1</b> Ensure® Plus Fibre</p>
Ready Made ONS 2.4kcal/ml Compact Milkshake Style with Fibre <b>Only if powdered ONS is not suitable</b>	<p><b>1</b> Fortisip® Compact Fibre</p>
High Protein ONS	

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Ready Made ONS Milkshake Style High Protein	<p>1 Altraplen Protein®</p> <p>1 AYMES ActaGain 2.4</p> <p>1 Fortisip Extra *cost effective choice</p>
Ready Made ONS Compact Milkshake Style High Protein	<p>1 Fortisip Compact Protein®</p> <p>1 Fresubin® PRO compact- *cost effective choice</p>
<b>Dessert Style ONS</b>	
Powdered ONS Dessert Style (>200kcal and >10g protein per portion)	1 AYMES ActaSolve Delight®
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- *cost effective choice</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.