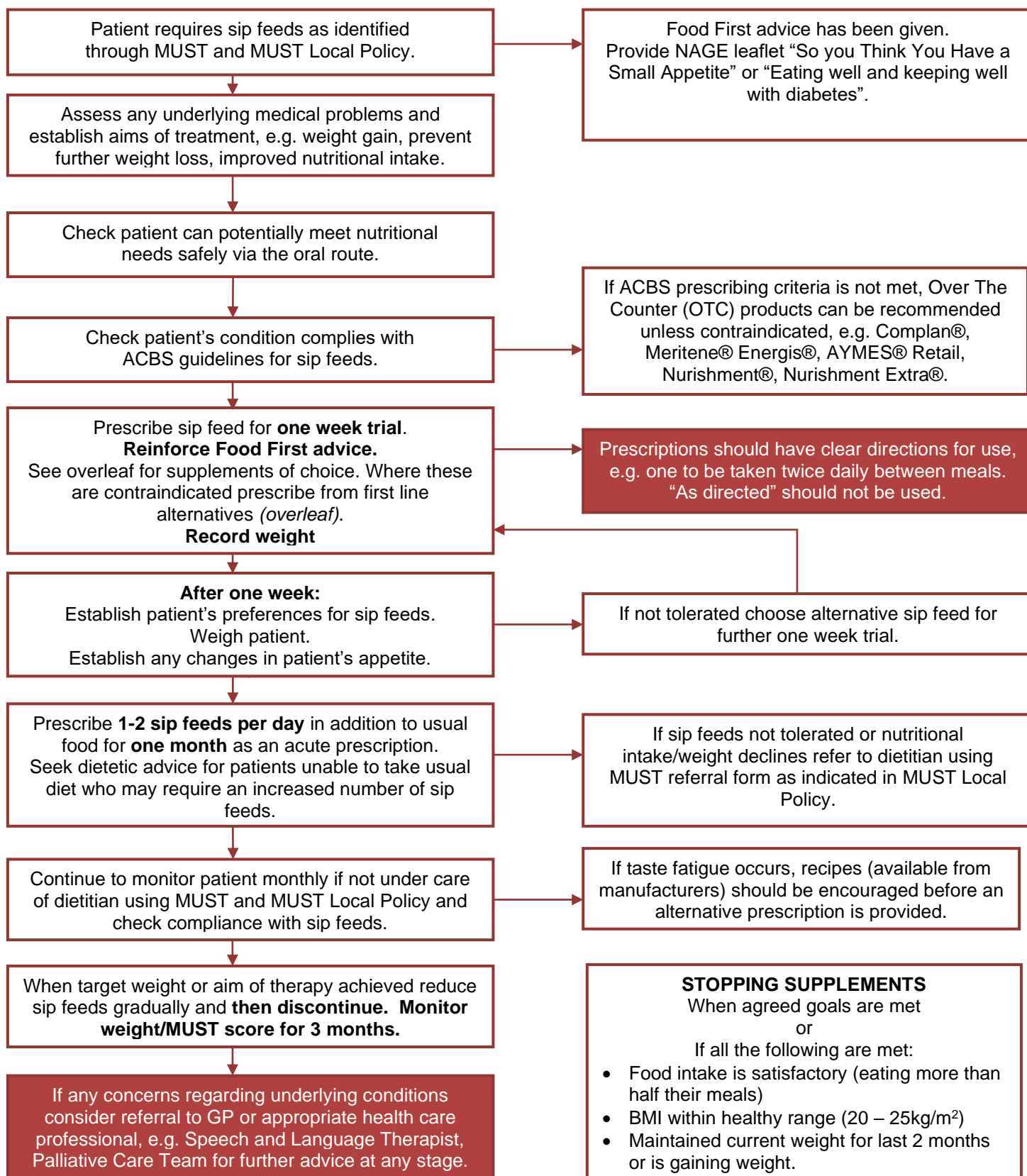


# Ipswich and East Suffolk adult sip feed prescribing Quick reference guide

Produced by the Medicines Management Team,  
Ipswich and East Suffolk Clinical Commissioning Group  
in conjunction with the Dietitians, Ipswich Hospital, East Suffolk and North Essex NHS  
Foundation Trust (ESNEFT)

## Nutrition Sip Feed Flow Chart (excludes residents in care homes\*)



# Sip Feed Formulary

These are the first-line sip feeds recommended for use across Ipswich and East Suffolk, providing the most cost-effective and optimum nutritional content.

## Preferred option:

Style	Product	Unit volume	Unit price
<b>Powdered milkshake</b> <i>*to be mixed with 200ml whole milk</i> <i>** to be mixed with 100ml whole milk</i>	AYMES Shake*	57g	£0.49
		1600g	£13.72
	Complan Shake*	57g	£0.49
	Ensure Shake*	57g	£0.49
	Foodlink Complete*	57g	£0.49
		1596g	£13.72
	AYMES Shake Compact**	57g	£0.49
	Foodlink Complete Compact**	57g	£0.49
	AYMES Shake Starter Pack*	57g	£0.66
	Complan Shake Starter Pack*	57g	£0.67
	Foodlink Complete Starter Pack*	57g	£0.66
	AYMES Shake Compact Starter Pack**	57g	£0.96
Foodlink Complete Compact Starter Pack**	57g	£0.66	

Patients with renal disease or diabetes should be assessed by a dietitian prior to prescribing any of the above.

## Contraindications are listed overleaf

Suggested intake: 1-2 servings per day unless otherwise indicated by the clinician or dietitian.

## Alternative options if the above are contraindicated or not tolerated:

Style	Product	Unit volume	Unit price
<b>Milkshake</b> <i>(use if unable to prepare powdered milkshakes)</i>	Altraplen Energy	200ml	£0.89
	AYMES Complete	200ml	£1.05
	Ensure Plus Milkshake Style	200ml	£1.12
	Nutricomp Drink Plus or Fortisip Bottle	200ml	£1.12
	Ensure Compact or Altraplen Compact or Fortisip Compact <i>(useful if unable to manage 200ml)</i>	125ml	£1.33
	AYMES 2.0kcal	200ml	£1.63
	<b>Juice</b> <i>(use if dislike / do not tolerate milk or milk-based sip feeds)</i>	AYMES ActaSolve Smoothie <i>(mix with 150ml water)</i>	66g
Altrajuce or AYMES ActaGainJuce		200ml	£1.70
Ensure Plus Juce		220ml	£2.00
<b>Yoghurt</b> <i>(useful if taste fatigue/changes)</i>	Ensure Plus Yoghurt Style	200ml	£1.16
<b>High protein</b> <i>(useful for chronic wounds, burns, fistulae)</i> <i>– seek dietetic advice if renal function concerns</i>	AYMES Shake or Foodlink Complete <i>(mix with 200ml whole milk)</i>	57g	£0.49
	AYMES Shake or Foodlink Complete <i>(mix 57g with 200ml whole milk)</i>	1596g	£13.72
	AYMES Actagain 2.4 Complete	200ml	£1.33
	Altraplen Protein	200ml	£1.73
<b>Fibre-containing</b> <i>(useful if constipated)</i>	AYMES Shake Fibre	57g	£0.71
	Foodlink Complete with Fibre <i>(mix with 200ml whole milk)</i>	63g	£0.72
<b>Savoury</b> <i>(useful if prefer savoury flavour)</i>	AYMES Savoury <i>(mix with 200ml hot water)</i>	57g	£0.71

<b>Semi-solid desserts</b> (use if dysphagic)	AYMES ActaSolve Delight (mix with 75ml whole milk)	57g	£0.99
	EnergieShake Dessert	125g	£1.10
	AYMES ActaCal Creme	125g	£1.19
<b>Pre-thickened milkshakes</b> (use if dysphagic)	Slo Milkshake+ IDDSI level 2 or level 3 (mix with 200ml whole milk)	50g	£0.85
	Nutlis Complete Drink Level 3	125ml	£2.32
	Nutlis Complete Crème Level 3	125ml	£2.32

All prices correct as per BNF (10/11/2021)

#### **AYMES Shake, AYMES Shake Compact, Ensure Shake and Foodlink Complete contraindications:**

- Limited dexterity and inability to make up the shake
- Cow's milk or soya allergy or intolerance
- Less than 6 years of age
- Galactosaemia
- Require thickened fluids
- Require oral nutritional supplements (ONS) as a sole source of nutrition
- Require additional fibre via their ONS (Nb. Foodlink Complete with Fibre contains 4.5g fibre per serving)
- Not suitable for use with enteral feeding tubes

#### **Complan Shake contraindications:**

- Limited dexterity and inability to make up the shake
- Cow's milk allergy or intolerance
- Less than 6 years of age
- Galactosaemia
- Require thickened fluids
- Require oral nutritional supplements (ONS) as a sole source of nutrition
- Require additional fibre via their ONS
- Not suitable for use with enteral feeding tubes

The "Ipswich and East Suffolk adult sip feed prescribing guidelines" produced by the Medicines Management Team, Ipswich and East Suffolk CCG in conjunction with the Dietitians, Ipswich Hospital (ESNEFT), should be consulted for further guidance on prescribing oral nutritional supplements, ACBS indications, food first advice and screening for malnutrition in adults using the MUST and NAGE leaflets. The guidelines are available at:

[www.ipswichandeastsuffolkccg.nhs.uk/GPpracticememberarea/Clinicalarea/Medicinesmanagement/CCGFormularies/Dieteticsformulary.aspx](http://www.ipswichandeastsuffolkccg.nhs.uk/GPpracticememberarea/Clinicalarea/Medicinesmanagement/CCGFormularies/Dieteticsformulary.aspx)

\* For residents in care homes, see the Ipswich and East Suffolk CCG policy on Oral Nutritional Supplements in Care Homes and Information for Care Homes. Both available to download from:

<http://www.ipswichandeastsuffolkccg.nhs.uk/Yourhealth/Stayinghealthy/ONSinCareHomes.aspx>