

Tips for taking Oral Nutritional Supplements (ONS)

- Make sure you are having a **fortified diet**, ask your GP or nurse for a copy of '**Your Guide To Making the Most of Your Food - Advice for patients and carers**'.
- You may also wish to try **Meritine®** or **Complan®** in conjunction with dietary changes. These can be bought in the chemist or supermarket.
- If ONS are prescribed **make sure you are taking them as directed**. Some people find that between meals works best.
- Make sure you are getting the **right type** for you e.g. milky, juice based or yoghurt drink.
- Ensure you are receiving the **flavours** that you like, there is a wide range available.
- Store ONS in a dry, cool place and place in the **fridge before use as they taste better chilled**. Alternatively some flavours e.g. chocolate, coffee **can be heated up**.
- Once opened, keep ONS in the fridge and **discard after 24 hours**.
- **Monitor the number** of ONS you are managing and tell your GP or nurse if you are struggling with the amount prescribed.
- ONS should **not be used as a meal replacement** unless you have been otherwise advised by a health professional. Normally they are in addition to your food intake.
- Recipes are available to use ONS **in cooking** and in **drinks**, even added to cocktails (if you are allowed alcohol). Ask your health professional.
- ONS can be frozen and made into ice cream or sorbet.
- In many cases ONS are a short term measure until you feel better and are eating more or have reduced your risk of malnutrition.
- Speak with your GP, nurse or Health professional if you have any questions.