

Using Nutritional Supplements

This leaflet is intended to provide guidance on using nutritional supplements prescribed by your doctor. It can be used together with dietary leaflets: Improving your food intake and Snack ideas.

- Nutritional supplements are intended for a short period when it is not possible to eat and drink sufficiently.
- They should be used in conjunction with small meals and snacks. In the majority of cases they should not be used as a meal replacement.
- In most circumstances one nutrition supplement a day is not sufficient to provide any significant benefit unless given together with dietary advice.

As your appetite and intake improves you should gradually replace the nutritional supplement/s with food or nourishing drinks see below:

Glass full cream milk with cake or 2 biscuits	Hot milky drink with biscuits
Homemade milkshake with ice cream	Rice pudding
Egg, cheese, ham or tuna sandwich	Thick and creamy yoghurt
Cheese and crackers or cheese on toast	Creamy mousse
Bowl cereal with full cream milk	Custard with fruit

Please contact your GP to stop the prescriptions when you no longer need them.

Nutritional supplements should not be used for more than 3-6 months. If you are not improving and still need to use nutritional supplements to maintain your nutrition see your GP and consider asking for a referral to a dietitian for a nutritional assessment and further advice.

