

Suitable Oral Nutritional Supplements (ONS) for adult patients who require thickened fluids - a guide for Dietitians and Speech & Language Therapists.

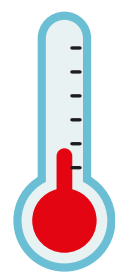
The International Dysphagia Diet Standardisation Initiative (IDDSI) Framework provides a common terminology to describe food texture and drink thickness. For Abbott and Fresenius ONS products the IDDSI level is based on updated company information for individual products based on current testing methods. IDDSI consists of 8 levels, where drinks are categorised as Levels 0 - 4 and foods are categorised as Levels 3 - 7. It is not intended to replace clinical decision making regarding suitability of ONS, this is the responsibility of the healthcare professional.



Key Messages



No thickener (e.g. Nutilis Clear) should be added to any ONS.



ONS are best served chilled. Though please be aware that fluids are affected by temperature; ONS may become thicker when chilled (see table). Also keep in mind that ONS should not be heated for patients with dysphagia



If a patient is taking a level 3 diet or above and Speech and Language Therapy (SLT) has recommended IDDSI level 0 fluids or above, the patient **MAY** manage thicker ONS products. As an example someone on IDDSI Level 3 diet and IDDSI level 0 fluids may also manage IDDSI level 1, 2 or 3 ONS. There will however be some exceptions to this and all decisions should be made on an individual basis in consultation with the MDT.



From the table below, use the IDDSI level at room temperature in conjunction with SLT recommendations when choosing ONS. **ONLY** consider using an ONS for the IDDSI level at chilled temperature where this is risk assessed and deemed safe by a speech and language therapist and dietitian.



If dietitians have concerns regarding suitable ONS for individual patients discuss with the patient's SLT and / or their dietetic team lead. Prescribing Support Dietitians can provide advice to dietitians/prescribers on prescribable products for primary care
Tel: **0141 201 6012**.



If a patient has been assessed by SLT to have fluids only and no diet, it is only safe for them to have fluids/ONS at the same IDDSI level recommended by SLT.



Remember the nutritional content of these products varies.

Suitable ONS that are available on the NHSGGC Formulary	IDDSI fluid descriptors when product chilled	IDDSI fluid descriptors when product at room temp. Use this and SLT recommendation to choose suitable product
Ensure® Shake - Powdered product suitable for use in community settings. IDDSI level based on 1 sachet mixed with 200ml whole milk	Level 0 Except chocolate flavour level 1	Level 0
Ensure® Plus (Milkshake Style)	Level 1	Level 0
Ensure® Plus Yoghurt Style Orchard Peach Flavour	Level 1	Level 0
Ensure® Plus Juice	Level 1	Level 0
Ensure® Compact	Level 2	Level 1
Ensure® Plus Yoghurt Style Strawberry Swirl Flavour	Level 1	Level 1
Ensure® Plus Fibre	Level 2 Except vanilla flavour level 1	Level 1
SLO® Milkshake + IDDSI 1 Powdered product suitable for use in community settings	Level 1	Level 1
SLO® Milkshake + IDDSI 2 Powdered product suitable for use in community settings	Level 2	Level 2
Fresubin® 3.2 kcal	Level 3	Level 3
Nutilis® Complete Drink Level 3	N/A	Level 3
SLO® Milkshake + IDDSI 3 Powdered product suitable for use in community settings	Level 3	Level 3

There are no suitable ready made ONS on the formulary for Level 4. Please refer to dietitian for advice.

For more information



<https://iddsi.org/resources/>

[NHSGGC Formulary](#)

<https://ggcmedicines.org.uk/other-formularies/non-medicines-formularies/>