

## Sip Feed Comparison Chart

General Practitioners are reminded that the ACBS recommends products on the basis that they may be regarded as drugs for the management of specified conditions. When reviewing patients prescribed sip feeds consideration should be given to why and how long patients have had sips for. Stop rather than switch if a clinical need no longer applies. Prescriptions should be acute only not placed on repeat. This will help reduce waste and decrease prescribing costs. Starter packs should only be used to find out what flavours a patient likes when initiating sip feeds.

### Food supplements:

**Standard ACBS indications:** short-bowel syndrome, intractable malabsorption, pre-operative preparation of under-nourished patients, proven inflammatory bowel disease following total gastrectomy, bowel fistulas, or disease-related malnutrition and dysphagia. **The patient must meet one of these indications and this should be written on their record along with the aim of treatment and records of weight.** Practitioners should assess nutritional status before starting use of food supplements and offer advice about enriching nutritional value of normal diet, trialing a food first approach. This includes care home patients.

**Malnutrition Universal Screening Tool (MUST)** available for community patients and care home residents. For more detailed information please see [BAPEN MUST](#).

[Patient Webinars](#) developed by Somerset Community Dietitians provides webinars and printable resources to support self-management of various conditions including malnutrition.

**Renal patients** - Please be cautious when reviewing haemodialysis patients with confirmed malnutrition / fluid restrictions. Guidance can be found on the Medicines Management [Nutrition and Hydration](#) page.

**Paediatric patients** – Please be cautious if reviewing paediatric patients. There are no formulary recommendations for paediatric patients due to it being a specialised area that requires dietetic review and assessment.

### Following a Food First approach, patients who may be initiated on compact sip feeds as inpatients include:

Those with clinical need:	<p><b>Without trial of normal sip/ powder based:</b></p> <ul style="list-style-type: none"> <li>• confirmed haemodialysis patients or those on fluid restricted diets</li> <li>• severe cardio-respiratory disease or illness</li> <li>• ascites</li> <li>• short bowel syndrome or high output stoma</li> <li>• eating disorders</li> </ul>
Those with <u>confirmed</u> clinical need:	<p><b>After failed trial of normal volume sip/ powder based:</b></p> <ul style="list-style-type: none"> <li>• cancer</li> <li>• frailty</li> </ul>

**Feed thickeners** – Please follow Speech and Language Therapy treatment plan. See the [Somerset Prescribing Formulary](#) for formulary choices.

### Sip Feed Comparison Chart

Supplement Style	Additional Features	Products on formulary	Approx kcal per serving	Price per unit	Flavour	Similar products not on formulary/ price per unit	Comments
<b>Powder to add to food or drink</b>		<b>Pro-Cal® powder</b>	100	£0.94	neutral		Add to food and drink to enhance energy and protein content.
<b>Milkshake</b>	Powdered	<b>AYMES® Shake</b>	383	£0.52	6	<b>Calshake® powder £2.89</b> <b>Enshake® £3.20</b> <b>Scandishake® Mix £3.44</b>	For those who can make up their own drinks, consume large volumes and purchase milk. Not all powdered supplements contain a full range of vitamins and minerals.
		<b>Complan® Shake</b>	380	£0.51	5		
		<b>EnergieShake® Powder</b>	381	£0.44	5		
		<b>Ensure® Shake</b>	386	£0.63	4		
		<b>Foodlink® Complete</b>	383	£0.58	5		
	<b>Fresubin® Powder Extra</b>	397	£0.73	4			
	Standard	<b>Altraplen® Energy</b>	300	£0.99	4	<b>Resource® Energy £2.56</b> <b>Fresubin® Original £2.94</b> <b>Ensure® liquid £2.99</b>	To meet basic energy and nutrient requirements and a preference for milk-based drinks.
<b>AYMES® 1.5 Complete</b>		300	£1.11	4			
<b>Fortisip® Bottle</b>		300	£1.40	6			
<b>Fresubin® Energy liquid</b>		300	£1.49	8			
<b>EnergieShake® Complete 1.5kcal</b>		300	£0.89	4			
<b>Ensure® Plus Milkshake Style</b>		300	£1.33	9			
Fibre	<b>AYMES® Shake Fibre sachets</b>	375	£0.80	5	<b>Ensure® Plus Fibre £2.67</b> <b>Fresubin® Energy Fibre £2.56</b> <b>Resource® Fibre 2.0 £2.51</b>	For increased fibre requirements e.g. individuals suffering from constipation	
	<b>Foodlink® Complete with Fibre sachet</b>	397	£0.85	5			
Protein	<b>AYMES® ActaGain 2.4 Complete Maxi</b>	480	£1.59	3	<b>Fortisip® Extra £3.16</b> <b>Fortisip® 2kcal £2.50</b> <b>Fresubin® Protein Energy £2.31</b> <b>Fresubin® 2kcal Drink £2.25</b>	With increased protein requirements e.g. elderly, wounds, post-operative, cancer	
2kcal/ml	<b>EnergieShake 2.0</b>	400	£1.52	3	<b>Ensure® TwoCal £2.91</b> <b>Fortisip® 2kcal £2.50</b> <b>Fresubin® 2kcal £2.31</b>	A more energy dense ONS	
2.4kcal/ml	<b>AYMES® ActaGain 2.4 Complete Maxi</b>	480	£1.59	3		Energy dense ONS.	
	<b>AYMES ActaSolve High Energy sachets</b>	596	£1.60	4			

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Supplement Style	Additional Features	Products on formulary	Approx kcal per serving	Price per unit	Flavour	Similar products not on formulary	Comments	
<b>Milkshake</b> (continued)	Low volume	<b>Altraplen® Compact</b>	300	£1.56	4	<b>Pro-Cal® shot</b> £3.50 <b>Fresubin® 5kcal shot</b> £3.29 <b>Calogen® Extra emulsion</b> £5.80 <b>Altrashot®</b> £2.58	Do not switch confirmed haemodialysis patients on fluid restricted diets without discussing with dietitian.  Patients with a confirmed clinical need only. Haemodialysis patients or those on fluid restricted diets, severe cardio-respiratory disease or illness, ascites, short bowel syndrome or high output stoma, eating disorders.  Please first trial normal volume products with cancer and frailty patients.	
		<b>Altraplen® Compact Daily</b> – one tetra contains 2x125ml servings	300	£1.60	4			
		<b>AYMES® ActaGain 600</b> – one bottle contains 2x125ml servings	300	£1.60	3			
		<b>AYMES® Shake Compact</b>	317	£0.52	6			
		<b>Calogen® Extra Shots</b> 6x40ml	160	£1.16	2			
		<b>Foodlink® Complete Compact</b>	318	£0.58	5			
	<b>Fortisip® Compact</b>	300	£1.65	8				
	Low volume high protein	<b>AYMES® ActaSolve Protein Compact sachet</b>	312	£1.07	5			<b>Fortisip® Compact Protein</b> £2.50
		<b>Fresubin® 2kcal Mini</b> <b>Fresubin® Pro Compact Drink</b>	250 300	£1.41 £1.65	3 3			
Low volume with fibre	<b>Fresubin® 2kcal Fibre Mini</b>	250	£1.52	2	<b>Fortisip® Compact Fibre</b> £2.76			
<b>Juice</b>	Standard	<b>AYMES® ActaGain Juce</b>	300	£1.80	4	<b>Altrajuce®</b> £1.89 <b>Ensure® Plus Juce</b> £2.40 <b>Fresubin® Jucy</b> £2.06	Juice style drinks. Gluten free. Contains milk protein.	
		<b>Fortijuce®</b>	300	£1.80	4			
<b>Vegan</b>	Standard	<b>AYMES® ActaSolve Smoothie sachet</b>	297	£0.99	4		Gluten and lactose free. Vegan.	
		<b>Foodlink Smoothie</b>	287	£1.11	4			
		<b>Fortisip PlantBased</b>	300	£1.54	2			
<b>Dessert</b>	Milk based	<b>AYMES® ActaCal Creme</b>	188	£1.42	3	<b>Forticreme® Complete</b> £2.50 <b>Fresubin® 2kcal Crème</b> £2.04 <b>Ensure® Plus Crème</b> £2.50 <b>Nutricrem®</b> £2.04	Cream style desserts	
		<b>AYMES® ActaSolve Delight sachet</b>	302	£1.05	2			
		<b>EnergieShake® Dessert</b>	188	£1.10	2			
<b>Soup</b>	Standard	<b>AYMES® ActaSolve Savoury sachet</b>	250	£0.85	2	<b>Meritene® Energis</b> not ACBS approved £0.99	Soup style savoury flavours	
<b>Dysphagia patients</b>	Please discuss dysphagia patients with a dietitian and choose the most cost effective product.							