

10 THINGS TO TRY WITH RESIDENTS WHO ARE UNABLE TO FINISH THEIR ORAL NUTRITIONAL SUPPLEMENTS (ONS)

1 TRY FORTISIP COMPACT

Fortisip Compact is the ideal supplement for residents who are finding it difficult to drink a 200ml supplement because it provides the same nutrition (300kcal and 12g protein) in less volume (125ml). Fortisip Compact comes in 8 different flavours and is also available with added fibre (Fortisip Compact Fibre). Fortisip Compact Protein is also available and has 18g protein per 125ml serving.

2 TRY FORTICREME COMPLETE

If your resident dislikes liquid ONS, they may take Forticreme Complete, which is a small volume pudding style supplement (only 7 spoonfuls).

3 OFFER A DIFFERENT FLAVOUR

ONS come in many different flavours including mocha, apricot, forest fruit, and neutral flavours. Find the flavour that the resident likes best and ask your pharmacist to supply this flavour. Some residents may get tired of the same flavour so try to vary the flavour if you can.

4 OFFER A DIFFERENT STYLE

ONS also come in different styles: milkshake, juice, yoghurt and pudding style.

- Milkshake style – Fortisip Compact/ Fortisip/ Fortisip Multi Fibre
- Juice style – Fortijuice
- Pudding style – Forticreme Complete
- Yoghurt drink style – Fortisip Yoghurt Style

If your resident dislikes one product, they may like another.

5 ADD TO DRINKS

If your resident enjoys drinks such as fruit juice, smoothies, hot chocolate, warm milk or soft drinks, you can very easily mix their ONS into their drink to make it easier for them to take it, for example:

- Fortijuice – mix with soft drinks or fruit juice
- Fortisip Compact/ Fortisip/ Fortisip Multi Fibre – mix with blended fruit and yoghurt to make a smoothie, mix with hot chocolate or hot milk and honey for a warm suppertime drink

For more ideas see our recipe book, which you can request from the **Customer Care Team on Freephone 1800 923 404** or your **Nutricia Care Community Representative.**



This guide is intended for healthcare professionals only.

The Nutilis and Fortisip range are Foods for Special Medical Purposes for the dietary management of disease related malnutrition and/or dysphagia, except for Calogen, which is for conditions requiring a high energy intake, and Cubitan, which is for patients with chronic wounds, and must be used under medical supervision.

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6 ADD TO SOUP

Many residents like soup so this can be an easy way to give them one of their ONS. The easiest way is to mix 1 bottle of Fortisip Compact Neutral with a tin of condensed soup, or you can make homemade soup and fortify it with Fortisip Compact Neutral. See the soup section of our recipe book for ideas.

7 ADD TO FOODS

ONS

Fortisip/Fortisip Compact Neutral

Suggested foods

Porridge, Weetabix, custard, rice pudding, Angel Delight, mashed potato, soup, scrambled eggs

ONS

Fortisip Compact/Fortisip/Fortisip Multi Fibre (vanilla/sweet flavours)

Suggested foods

Porridge, Weetabix, Angel Delight, milky jelly, ice cream, rice pudding, custard, whipped desserts

ONS

Fortijuce

Suggested foods

Jelly, stewed fruit, porridge, fruit sorbet, rice pudding, ice lollies

8 USE SCANDISHAKE IN FOOD AND DRINKS

1 sachet of Scandishake neutral flavour mixed with 240mls whole milk makes 300mls of high protein / energy milk which can be offered to your resident across the day. For example, in porridge/cereal, tea/coffee, with meals, or warmed as a suppertime drink.

9 OFFER CALOGEN TEA

Add approx 15mls of Calogen to a cup of tea. If your resident drinks 6 cups across the day, they have taken their recommended dose of 30mls tds.

10 MIX WITH THEIR FAVOURITE TIPPLE*

If your resident takes an alcoholic drink, you may be able to mix their ONS with it.

For example, Fortijuce mixes very well with Lambrusco or any sparkling wine, and vanilla Fortisip Compact/Fortisip/Fortisip Multi Fibre can be mixed with spirits such as whiskey or brandy to make a creamy drink (a bit like Baileys). See our recipe book for more ideas.

*Check that alcohol is permitted

If you have special dietary requirements or swallowing difficulties please consult your Dietitian or Speech and Language Therapist before following the guidance above.

For further information, samples or product information, contact our Customer Care team on Freephone 1800 923 404 or email support.ireland@nutricia.com.