

Suitable Oral Nutritional Supplements (ONS)
for adult patients who require thickened fluids in a community or
homely setting - a guide for staff.



The International Dysphagia Diet Standardisation Initiative (IDDSI) Framework provides a common terminology to describe food texture and drink thickness. For Abbott, Fresenius and Nutralra 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.



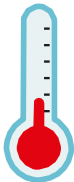
Key Messages



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



From the table below, use the IDDSI level given for room temperature in conjunction with SLT recommendations when choosing ONS.



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



Please contact your dietetic department if any patient is taking an ONS unsuitable for their recommended fluid level or one not listed within the following guidance. Referrals to dietetics should be made via Trakcare or through local procedure.



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. There will however be some exceptions to this and all decisions should be made on an individual basis in consultation with the MDT.



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 varies in ONS products.

Suitable ONS that are available on the NHSGGC Formulary for use in the community/ homely setting	IDDSI fluid descriptors when product at room temp. (21-25°C) Use this and SLT recommendation to choose suitable product
Ensure Shake (57g sachet) (mixed with 200ml whole milk)	Level 0
Ensure Shake (57g sachet) as a compact (mixed with 100ml whole milk)	Level 1 Except Chocolate Level 2
Altraplen Energy (200ml)	Level 1
Ensure Plus Fibre (200ml)	Level 1
Fresubin Pro Compact (125ml)	Level 2
Altraplen Compact Daily (250ml)	Level 2
Fresubin 3.2 kcal (125ml)	Level 3
Nutilis Complete Drink Level 3 (125ml)	Level 3
There are no suitable ONS on the formulary for IDDSI level 4. Contact your dietitian for advice.	

For more information



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

[NHSGGC Formulary](#)

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