

Making the most of your Oral Nutritional Supplement (Sip feed)

Why do I need a sip feed?

Although it is best to obtain the nutrients that your body needs from your diet/food, sometimes, especially during illness you may be unable to obtain these in sufficient quantities from your diet alone.

Oral Nutritional Supplements or the other name for them "sip feeds" is a way of boosting your nutritional intake. They are not suitable for everyone so your doctor, nurse or dietitian will have carried out an assessment, following the latest guidelines to make sure that sip feeds are right for you.

What type of sip feed will I be prescribed?

You may be prescribed a milkshake style or juice based drink. There are different flavours such as strawberry, vanilla, chocolate and neutral. They can be taken as they are or mixed with other foods/drinks. If you do not like the sip feed you are prescribed you must tell your doctor, nurse or dietitian as there may be other flavours/styles you can try.

How many of these shakes or drinks do I need to take?

This will vary depending on your condition but the usual dose is ONE shake or carton taken TWICE a DAY but you must always take the correct amount of sip feeds as advised by your doctor, nurse or dietitian. It is important that you only order the number of sip feeds that you need to avoid wastage.

When should I take them?

Sip feeds should not normally replace meals but should be taken *in addition* to meals. Continue to eat as much food or snacks as you can manage and take your sip feeds *between* meals, such as mid-morning and mid-afternoon. If you take a sip feed just before your meal you will find that it will reduce your appetite.

How should I take them?

The milkshake style drinks such as Aymes or Complan shake will need to be made up with 100ml or 200ml of full-fat milk as directed on the box. (There is a shaker available that will make it easier for you to mix). The Aymes complete, Nutriplen or Fortijuice drinks are ready made and sipped through a straw.

How should I store them?

They should be stored in a cool, dry place away from radiators and other sources of heat. They do not need to be refrigerated unless you prefer them chilled. Once opened or made up they should be stored in the fridge or if not taken that day, thrown away. If they are left open outside the fridge, they must be consumed within four hours. If you are not taking all the sip feed and throwing some away, it is important that you tell your doctor, nurse or dietitian.

How long will I be taking them for?

Your doctor, nurse or dietitian will want to see you for a review at least every month to check whether you still need to take the sip feed. After your review, they may decide either that you should continue or it may be appropriate for you to stop taking the sip feed. It is very important that you attend the GP surgery or dietitian appointments for your review on a regular basis.

SOME IDEAS TO MAKE THE MOST OF YOUR SIP FEED (see the sip feed company website for ideas)

Sweet flavours	Neutral
<ul style="list-style-type: none"> ❖ Add to ice-cream and liquidise into a milkshake ❖ Use to prepare mousse, instant whips, and jellies of the same flavour. ❖ Freeze into ice-lollies or ice-cubes ❖ Warm suitable flavours as long as not boiled ❖ (Fortijuice drinks) - Add to lemonade or fruit juices 	<p>These can be used to replace milk in food and drinks:</p> <ul style="list-style-type: none"> ❖ e.g add to breakfast cereal ❖ use to make up drinks such as ovaltine, Horlicks, instant coffee ❖ Make up milky puddings, mousse, milk jellies, porridge and custard, rice pudding ❖ Make up dried sauces, use to reconstitute packet soups or tinned, condensed soups.