

**Suitable Oral Nutritional Supplements (ONS)
for adult patients who require thickened fluids**

These products have been independently tested and comply with the IDDSI framework.

Please Note:

- **No** thickener (e.g. Nutilis Clear) should be added to any ONS product
- ONS can be served from the fridge or at room temperature
- The nutritional content of these products varies and should be considered
- If a dietitian has concerns regarding the care of a complex patient please contact the prescribing support dietitians to discuss these on an individual basis **(0141-201-6012)**

Old Fluid Descriptors		New IDDSI Fluid Descriptors	Suitable ONS that is available on ONS formulary
Normal Fluids	➔	Level 0 Thin	Ensure® Shake - First line Ensure® Plus (Milkshake) Preferred list
Not previously used	➔	Level 1 Slightly thick	Ensure® Plus Fibre - Total formulary Ensure® Plus Juce - Total formulary Fortisip® Extra*- Total formulary (*This product provides 100% of RNI for vitamins and minerals in 2 x200ml bottles, however this will provide 40g protein)
Stage 1 Syrup	➔	Level 2 Mildly thick	Ensure® Compact - Preferred list Fortisip® Yoghurt Style - Total formulary
Stage 2 Custard	➔	Level 3 Moderately thick	No suitable readymade ONS on formulary therefore use food fortification
Stage 3 Pudding	➔	Level 4 Extremely thick	No suitable readymade ONS on formulary therefore use food fortification

