



Ensure

1.0 kcal/ml complete, balanced nutritional supplement

PRESENTATION

- Presented in 250 ml (251 kcal) cans.
- Available in chocolate, coffee and vanilla flavours.

USES

Food for Special Medical Purposes, for use under medical supervision. Suitable as a nutritional supplement or as a sole source of nutrition for patients who cannot or will not eat sufficient quantities of everyday food and drink to meet their nutritional requirements.

Nutritionally complete for vitamins and minerals in 1500 ml (excluding electrolytes, calculated using the UK Reference Nutrient Intake for men aged 19-50 years).

COMMUNITY USE—PRESCRIPTIONS

Can be prescribed on a FP10 (GP10 in Scotland) for the following indications:

- Disease-related malnutrition
- Total gastrectomy
- Short bowel syndrome
- Bowel fistulae
- Intractable malabsorption
- Pre-operative preparation of patients who are malnourished
- Proven inflammatory bowel disease
- Dysphagia

All prescriptions should be endorsed ACBS (Advisory Committee on Borderline Substances).

Also available on the DPS (Drugs Payment Scheme) and the GMS (General Medical Services) Scheme in Ireland.

STORAGE & DIRECTIONS FOR USE

- Store unopened at room temperature.
- Ready for use. Open immediately prior to use.
- Shake well before use.
- Best served chilled unless bolus feeding is indicated, in which case the product should be administered at room temperature.
- For sip feeding, may also be served as warm drinks. Do not boil.
- Once opened, unused product should be covered and stored in a refrigerator. Unused contents should be discarded after 24 hours.

TUBE FEEDING DIRECTIONS

- Ready for use.
- Administer at room temperature for tube feeding.
- The volume/flow rate should be adjusted to meet the patient's nutritional needs and tolerance. This product has a low viscosity and will pass down a fine nasogastric tube.
- A Flexitainer enteral nutrition container may be used if decanting is necessary.
- For gravity feeding, the use of a Flexiflo gravity gavage set is recommended.
- An Abbott enteral feeding pump may be used in conjunction with the Abbott enteral feeding system where a more accurately controlled delivery of feed is indicated. An ambulatory system is available for use.

PRECAUTIONS

- In patients receiving some medications there may be a risk of drug nutrient interactions (e.g. warfarin and vitamin K). Careful prescribing and monitoring practices will serve to reduce the risk (please refer to pharmacist).
- Patients should not make any additions to the feed without consulting their pharmacist or dietitian.
- Many nutritional products contain sucrose and other sugars. It is important for patients who are taking supplements as sip feeds to observe good oral hygiene. It is suggested that patients consult with their dentist for further advice.
- Unless recommended by a healthcare professional, not intended for use in children.
- When feeding to patients with dysphagia, please thicken the product as appropriate.

CONTRA-INDICATIONS

- FOR ENTERAL USE ONLY.
- Do not use in children under 1 year of age.
- Not for use in galactosaemia.
- Suitable for people with diabetes provided that routine glucose checks are performed.

INGREDIENTS

Water, maltodextrin, sodium and calcium caseinates (*milk* protein), sucrose, vegetable oils (canola, high oleic sunflower, corn), *soy* protein isolate, potassium citrate, flavouring, magnesium chloride, emulsifier: E322 (*soy* lecithin), sodium citrate, tricalcium phosphate, choline chloride, potassium chloride, potassium phosphate dibasic, stabiliser: E407, vitamin C, ferrous sulphate, zinc sulphate, vitamin E, niacin, calcium pantothenate, manganese sulphate, copper sulphate, vitamin A, vitamin B₆, thiamin (vitamin B₁) riboflavin (vitamin B₂), folic acid, sodium molybdate, sodium selenate, chromium chloride, potassium iodide, biotin, vitamin K, vitamin D, vitamin B₁₂.

Note: all information based on vanilla flavour. Some minor differences exist between flavours.

GENERAL INFORMATION

Energy density	1.0 kcal/ml
Energy distribution:	
Protein	15.9%
Carbohydrate	54.0%
Fat	30.1%
Renal solute load	335 mOsm/L
Osmolarity	319 mOsm/L
Osmolality	376 mOsm/kg H ₂ O
Gluten free?	✓
Clinically lactose free?	✓
Milk free?	✗
Suitable for vegetarians?	✓ ¹

For suitability for other diets and free-from information, please contact the Freephone Nutrition Helpline on 0800 252882.

1. Vitamin D is synthesised from cholesterol, extracted from the grease in wool sheared from live sheep.