



# Osmolite 1.5kcal *formerly known as Ensure Plus*

## 1.5 kcal/ml complete, balanced liquid

### PRESENTATION

- Presented in 500 ml (754 kcal), 1000 ml (1507 kcal) & 1500 ml (2261 kcal) Ready to Hang (RTH) containers. A 250 ml can presentation is available as Ensure Plus vanilla flavour.
- Osmolite 1.5kcal is unflavoured.

### USES

Food for Special Medical Purposes, for use under medical supervision. Suitable as a sole source of nutrition or as a nutritional supplement 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 1071 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 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
- CAPD
- Haemodialysis

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

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

### STORAGE

- Store unopened at room temperature.
- Avoid prolonged exposure to light.
- Once opened, unused product should be resealed and stored in a refrigerator.
- Unused contents should be discarded after 24 hours.

### DIRECTIONS FOR USE

- 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 with the Companion ClearStar pump.

### 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).
- Do not make any additions to the feed without consulting your 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.
- When feeding to patients with dysphagia, please thicken the product as appropriate.

### CONTRA-INDICATIONS

- Not for parenteral (intravenous) use.
- Do not use in children under 1 year of age. Use with caution in children under 5 years 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), high oleic sunflower oil, canola oil, soy protein isolate, medium chain triglyceride (MCT) vegetable oil, potassium citrate, magnesium chloride, tricalcium phosphate, sodium citrate, emulsifier: E322 (soy lecithin), choline chloride, potassium chloride, vitamin C, taurine, potassium phosphate dibasic, stabiliser: E407, L-carnitine, ferrous sulphate, zinc sulphate, citric acid, vitamin E, niacin, calcium pantothenate, manganese sulphate, copper sulphate, vitamin B<sub>6</sub>, thiamin (vitamin B<sub>1</sub>), riboflavin (vitamin B<sub>2</sub>), vitamin A, beta-carotene, folic acid, sodium molybdate, chromium chloride, sodium selenate, potassium iodide, biotin, vitamin K, vitamin D, vitamin B<sub>12</sub>

### GENERAL INFORMATION

Energy density	1.5 kcal/ml
Energy distribution:	
Protein	16.6%
Carbohydrate	54.0%
Fat	29.3%
Renal solute load	501 mOsm/L
Osmolarity	392 mOsm/L
Osmolality	510 mOsm/kg H <sub>2</sub> O
Gluten free?	✓
Clinically lactose free?	✓
Milk free?	✗
Suitable for vegetarians?	✓ <sup>1</sup>

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.