



Brighton and Hove Clinical Commissioning Group
 High Weald Lewes Havens Clinical Commissioning Group
 Brighton and Sussex University Hospitals NHS Trust






JOINT FORMULARY
CHAPTER 9 - NUTRITION AND BLOOD

[Formulary home page](#)

Non-Specialist Drugs	Specialist Initiation WITHOUT Shared Care Drugs	Specialist Initiation WITH Shared Care Drugs	Specialist ONLY Drugs
Suitable for <u>non-specialist</u> initiation	For specialist initiation or recommendation only and specific on going monitoring (if required) but can then be prescribed by a GP <u>without</u> a shared care guideline.	For specialist initiation only and specific on going monitoring but can then be prescribed by GP <u>with</u> a shared care guideline.	For initiation and continuation (including monitoring) by a <u>specialist only</u> .
9.1	Anaemias and some other blood disorders		
9.2	Fluids and electrolytes		
9.3	Intravenous nutrition		
9.4	Oral nutrition		
9.5	Minerals		
9.6	Vitamins		
9.7	Bitters and tonics		
Version Control			
Date of revision	Sections reviewed	Contributors	
09/11	All sections - Initial review	Dr S Glaspole	
	Clinical review	Anja St.Clair-Jones	
09/15	APC review – all sections	APC	
05/18	Amendments following the publication of NHSE guidance on conditions for which prescriptions could potentially be restricted .	APC working group	
11/18	9.4.2: Enteral Nutrition	APC / Emily Rose Lead Dietitian Primary Care	
05/19	APC review – 9.1, 9.2, 9.5, 9.6	APC	

Ctrl-f will activate the search window.

Available to buy Over The Counter. See policy statement for more info.	Non-Specialist Drugs	Specialist Initiation WITHOUT Shared Care Guidelines	Specialist Initiation WITH Shared Care Guidelines	Specialist ONLY Drugs
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9.1 Anaemias and some other blood disorders (Back To Top)			
For information about supplementation in patients post bariatric surgery see HERE and for a PIL see HERE			
9.1.1 Iron-deficiency anaemias			
9.1.1.1 Oral iron			
Ferrous fumarate		Capsules 305mg (equivalent to 100mg iron per capsule) Tablets 210mg (equivalent to 68mg ferrous iron per tablet) Syrup, 140mg (45mg iron)/5mL	Capsules are the preferred oral iron preparation in primary care. Syrup restricted for patients with swallowing difficulties.
Ferrous sulphate		Tablets 200mg (equivalent to 65mg ferrous iron per tablet)	
Ferrous gluconate		Tablets 300mg (equivalent to 35mg iron per tablet)	
Sodium feredetate (Sytron®)		Elixir SF 190mg in 5ml (equivalent to 27.5mg of ferrous iron per 5ml)	Suitable in children and as an alternative if patient has swallowing difficulties.
Ferric maltol (Feraccru®)		Capsules 30mg	Only to be used when patients are unable to tolerate ferrous based oral iron products before IV iron is offered.
9.1.1.2 Parenteral iron			
Iron dextran CosmoFer®		Injection 100mg in 2ml	
Iron Sucrose Venofer®		Injection 100mg in 2ml	
Ferric Carboxymaltose Ferrinject®		Injection 100mg in 2ml	
9.1.2 Drugs used in megaloblastic anaemias			
Folic acid	* 	Tablets 5mg Tablets 400micrograms* Syrup SF 2.5mg in 5ml Folic Acid injection 15mg/ml	Unlicensed
Hydroxocobalamin (Vitamin B12)		Injection 1mg in 1ml	
Cyanocobalamin (Vitamin B12)		Tablets 50micrograms, 1mg MR	
9.1.3 Drugs used in hypoplastic, haemolytic and renal anaemias			
Darbepoetin alfa (Aranesp®)		Prefilled syringes and prefilled pen 10, 15, 20, 30, 40, 50, 60, 80, 100, 130, 150 micrograms	As per NICE TA 323
Epoetin beta (NeoRecormon®)		Prefilled syringes 500 units, 2000 units, 3000 units, 4000 units	As per NICE TA 323
Desferrioxamine		500mg, 2g injection for I/V infusion	
Deferiprone		Tablets 500mg	
Deferasirox		Dispersible tablets 125mg, 250mg, 500mg	
Etilefrine		Tablets 5mg	
Eculizumab		Vials 300mg/30ml	As per NICE HST1 (NHS England commissioned)
9.1.4 Drugs used in platelet disorders			
Romiplostim		Injection 250micrograms	As per NICE TA 221
Eltrombopag		Tablets 25mg, 50mg	As per NICE TA 293
Anagrelide		Capsules 500micrograms	



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9.1.6 Drugs used in neutropenia		
Lenograstim (Granocyte®)	Pre filled syringe 13.4 million units	(105 micrograms)
	Pre filled syringe 33.6 million units	(263 micrograms)
Filgrastim	All preparations	



9.2 Fluids and electrolytes [\(Back To Top\)](#)

9.2.1 Oral administration

9.2.1.1 Oral potassium



Potassium Chloride Sando-K®		Effervescent tablets each containing 12 mmol potassium	<i>Considered to have low sodium content</i>
Potassium Chloride Kay-Cee-L syrup®		1 mmol/ml potassium and chloride	

Potassium Removal


Calcium Resonium		Powder calcium polystyrene sulphonate.	
Resonium A		Powder sodium polystyrene sulphonate	
Sodium Zirconium Cyclosilicate		Sachet 5g, 10g	As per NICE TA599

9.2.1.2 Oral sodium and water

Oral rehydration salts

Oral rehydration sachets Dioralyte®		Sodium chloride 470mg, potassium chloride 300mg, disodium hydrogen citrate 530mg, glucose 3.56g/sachet – blackcurrant flavour	
Slow Sodium®		Modified release tablets containing 600 mg sodium chloride (equivalent to 10 mmol sodium)	

9.2.1.3 Oral bicarbonate

Sodium bicarbonate		Capsules, sodium bicarbonate 500 mg (approx. 6 mmol each of sodium and bicarbonate)	
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Products routinely used in Primary Care

Sodium chloride 0.9% for injection		5ml, 10ml, 20ml ampoules 50ml vials	
Water for injection		5ml, 10ml, 20ml ampoules	

9.3 Intravenous nutrition [\(Back To Top\)](#)

Several highly specialised products are available for use within secondary care. These are not generally for primary care use. Consult the appropriate specialist for advice.

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9.4 Oral nutrition (Back To Top)	
9.4.1 Foods for special diets	
BH and HWLH Gluten Free Prescribing Guidelines	
Only to be ordered through Alliance, AAH or Phoenix Wholesalers and where no extra delivery / handling charges will be charged	
Gluten free products are widely available from most supermarkets at competitive prices. If patients require items on prescription, only the following items will be permitted.	
A maximum of 8 items (e.g. 6 loaves and 2 flour) may be provided locally per month on NHS prescription.	
Gluten Free Fresh Bread Products	<ul style="list-style-type: none"> Genius gluten-free brown sandwich bread sliced (6) (535g) Genius gluten-free seeded brown farmhouse loaf sliced (6) (535g) Genius gluten-free white sandwich bread sliced (6) (535g) Glutafin gluten-free Select fresh seeded loaf sliced (8) (400g) Glutafin gluten-free Select fresh white loaf sliced (8) (400g) Juvela gluten-free fresh fibre loaf sliced (8) (400g) Warburtons gluten-free brown bread sliced (4) (400g) Warburtons gluten-free white bread sliced (4) (400g)
Packs of fresh bread cannot be split.	
Fresh bread is supplied in a box of 4, 6 or 8 as indicated.	
Therefore, only one type of fresh bread (except Warburtons) can be ordered per month and may account for a full month's quota.	
Gluten Free Long Life Bread Products	<ul style="list-style-type: none"> Barkat gluten-free wholemeal sliced bread (500g) Glutafin gluten-free Select fibre loaf sliced (400g) Glutafin gluten-free Select seeded loaf sliced (400g) Glutafin gluten-free Select white loaf sliced (400g) Juvela gluten-free fibre loaf sliced (400g) Juvela gluten-free fibre loaf unsliced (400g) Juvela gluten-free loaf sliced (400g) Juvela gluten-free loaf unsliced (400g)
Gluten Free Bread Mix Products	<ul style="list-style-type: none"> Barkat gluten-free all-purpose flour mix (500g) Glutafin gluten-free Select bread mix (500g) Glutafin gluten-free Select multi-purpose fibre mix (500g) Glutafin gluten-free Select multi-purpose white mix (500g) Innovative Solutions gluten-free bakery blend (1000g) Tritamyl gluten-free brown bread mix (1000g) Tritamyl gluten-free flour mix (2000g) Tritamyl gluten-free white bread mix (2000g)

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9.4.2 Enteral nutrition

For more prescribing information see the [ONS guidelines](#)
 Products below are to be prescribed in line with the [Care Pathway](#) (page 6 of [ONS guidelines](#)).

First line oral nutritional supplement (ONS) options: Powder shakes

Powder supplements should NOT be prescribed for Home Enteral Feed (HEF) patients
 (ie: those being fed via a tube: PEG, RIG, NG, PEG-J, RIG-J, etc)

Powder shakes Standard 1st line choice	Foodlink Complete (7 x 57g sachets or 1596g tub) Natural, Vanilla, Strawberry, Chocolate, Banana Aymes Shake (7 x 57g sachets or 1600g tub) Banana, Strawberry, Chocolate, Vanilla, Neutral	380kcal, 18g protein 390kcal, 19g protein <i>To be made up with 200ml full fat milk</i> Tubs should be prescribed for patients who can lift 1.6kg and can measure out 2 scoops per drink
Powder shakes Juice Style	Aymes ActaSolve Smoothie (7 x 66g) Peach, Strawberry & Cranberry, Mango, Pineapple	For patients who follow lactose-free / dairy-free diets 300kcal, 11g protein <i>To be made up with 150ml water</i>
Powder shakes Savoury	Aymes Savoury (7 x 57g) Chicken, Vegetable	For patients who do not tolerate milkshake or juice style ONS 250kcal, 9g protein <i>To be made up with 200ml hot water</i>
Powder shakes Compact	Aymes Shake Compact (7 x 57g) Banana, Strawberry, Chocolate, Vanilla, Neutral	For patients requiring a low volume ONS 320kcal, 12g protein <i>To be made up with 100ml full fat milk</i>
Powder shakes Fibre-containing	Foodlink Complete with Fibre (7 x 63g) Natural, Vanilla, Strawberry, Chocolate, Banana	For patients requiring a fibre-containing ONS 420kcal, 19.5g protein, 4.5g fibre <i>To be made up with 200ml full fat milk</i>

Second line oral nutritional supplement (ONS) options: Ready-made ONS

2nd line ONS only be prescribed if the patient is **unable** to make up the powder ONS (and does not have family / carers who could do so)

Milkshake Style Standard 2nd line choice	Fortisip Bottle (200ml) Vanilla, Banana, Chocolate, Orange, Strawberry, Tropical Fruits, Toffee, Neutral Ensure Plus (220ml) Chocolate, Strawberry, Banana, Fruits of the Forest, Raspberry, Orange, Coffee, Blackcurrant, Peach, Vanilla, Neutral.	300kcal, 12g protein 330kcal, 13g protein
Savoury	Ensure Plus Savoury (200ml) Chicken, Mushroom	300kcal, 13g protein



Available to buy Over The Counter. See [policy statement](#) for more info.

Non-Specialist Drugs

Specialist Initiation WITHOUT Shared Care Guidelines

Specialist Initiation WITH Shared Care Guidelines

Specialist ONLY Drugs

9.4.2 Enteral nutrition continued		
For more prescribing information see the ONS guidelines		
Products below are to be prescribed in line with the Care Pathway (page 6 of ONS guidelines).		
To be prescribed following the recommendation from a dietitian or speech and language therapist (thickeners and pre-thickened products) only		
Prescription requests should include clinical reasoning for the choice of product. First line (Green products - see above) should be used where clinically appropriate		
Juice Style ONS	<p>Ensure Plus Juice : 2nd line juice ONS (220ml) Apple, Fruit Punch, Lemon - Lime, Orange, Peach, Strawberry</p> <p>Fortijuice : 3rd line juice ONS (200ml) Apple, Blackcurrant, Forest Fruits, Lemon, Orange, Strawberry, Tropical</p>	<p>For patients requiring fat-free ONS, HEF patients, renal patients or patients who are unable to make up powder-style ONS (& do not have family/carers who could do so)</p> <p>330kcal and 10.6g protein</p> <p>300kcal and 8g protein</p>
Low Volume ONS	<p>Fortisip Compact (125ml) Vanilla, Strawberry, Banana, Mocha, Apricot, Forest Fruits, Chocolate</p>	<p>3rd line ONS (after powder and standard ready to drink ONS): for HEF patients, patients on fluid restrictions and unable to make up powder shake (& do not have family/carers who could do so)</p> <p>300kcal, 12g protein</p>
High Protein ONS	<p>Fortisip Compact Protein (125ml) Vanilla, Strawberry, Banana, Mocha, Peach-Mango, Berries</p>	<p>3rd line low volume ONS: for HEF patients, patients on fluid restrictions and unable to make up powder shake (& do not have family/carers who could do so)</p> <p>300kcal, 18g protein</p>
High Energy ONS	<p>Aymes Shake Extra 3rd line (6 x 85g) Vanilla, Banana, Strawberry, Chocolate</p> <p>Please note: 1st line: Foodlink Complete (TDS) 2nd line: Foodlink Complete with fibre (TDS)</p>	<p>3rd line high-energy ONS: for patients requiring high energy and low protein ONS</p> <p>589kcal, 12.4g Protein</p> <p><i>To be made up with 240ml full fat milk</i></p> <p>1161kcal, 55g Protein</p> <p>1260kcal, 56g Protein</p>
Fibre containing ONS	<p>Fortisip Compact Fibre (125ml) Vanilla, Strawberry, Mocha</p>	<p>2nd line fibre-containing ONS: for patient requiring fibre containing ONS: HEF patients or unable to make up powder shake (& do not have family/carers who could do so)</p> <p>300kcal, 12g protein, 4.5g fibre</p>

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9.4.2 Enteral nutrition continued		
For more prescribing information see the ONS guidelines		
Products below are to be prescribed in line with the Care Pathway (page 6 of ONS guidelines).		
To be prescribed following the recommendation from a dietitian or speech and language therapist (thickeners and pre-thickened products) only		
Prescription requests should include clinical reasoning for the choice of product. First line (Green products - see above) should be used where clinically appropriate		
Yoghurt-style ONS	Fortisip Yoghurt Style (200ml) Raspberry, Peach-Orange, Vanilla-Lemon Ensure Plus Yoghurt Style (200ml) Orchard Peach, Strawberry Swirl	4th line ONS: for patients who do not tolerate standard, savoury / juice or compact products 300kcal, 12g protein 300kcal, 12.5g protein
Savoury ONS	Vitasavoury (10 x 50g) Chicken, Golden Vegetable. Please note: 1st line: Aymes Shake Savoury	For renal patients only as 2nd line savoury ONS option 250kcal, 6g protein 1.2 – 2.8mmol K+, 1.0 – 1.6mmol PO4 <i>To be made up with 100ml water</i> 251kcal, 9.2g protein, 8.8mmol K+, 4.8mmol PO4
Semi-solid desserts	Aymes Crème (125g) Chocolate, Vanilla	For renal patients only 188kcal, 9.4g protein, 5.4 – 5.8mmo, K+, 4.5 – 4.8mmol PO4

Thickeners – for patients with dysphagia only, following recommendation from speech and language therapist

Nutilis Powder (300g tin) Neutral	Thickener – does not contribute to kcal
Nutilis Clear (175g tin) Neutral	Thickener – does not contribute to kcal
Resource ThickenUp Clear (125g tin) Neutral	Thickener – does not contribute to kcal
Instant Carobel (135g box) Neutral	Thickener – does not contribute to kcal

Pre-thickened drinks - for patients with dysphagia AND who are malnourished only, following recommendation from speech and language therapist or dietitian

Nutilis Complete Drink Level 3 (125ml) Strawberry, Vanilla, Chocolate	For patients with dysphagia AND who are malnourished only 306kcal, 12g protein
Nutilis Complete Crème Level 3 (125g) Strawberry, Vanilla, Chocolate	For patients with dysphagia AND who are malnourished only 306kcal, 12g protein
Slõ Milkshake+ sachets stage 1 / IDDSI 2 (7 x 50g sachets) Chocolate, Strawberry	For patients with dysphagia AND who are malnourished only 333kcal, 24g protein <i>To be made up with 200ml full fat milk</i>
Slõ Milkshake+ sachets stage 2 / IDDSI 3 (7 x 50g sachets) Chocolate, Strawberry	For patients with dysphagia AND who are malnourished only 333kcal, 24g protein <i>To be made up with 200ml full fat milk</i>

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9.4.2 Enteral nutrition continued

For more prescribing information see the [ONS guidelines](#)

Products below are to be prescribed in line with the [Care Pathway](#) (page 6 of [ONS guidelines](#)).

To be prescribed following the recommendation from a dietitian or speech and language therapist (thickeners and pre-thickened products) only

Prescription requests should include clinical reasoning for the choice of product. First line ([Green products](#) – see above) should be used where clinically appropriate

Modular supplements - To be prescribed following the recommendation from a dietitian only

Polycal (400g tin and 200ml bottle) Unflavoured (Powder), Neutral, Orange (Liquid)	19kcal, 0g protein / 5g scoop powder 494kcal, 0g protein / 200ml bottle
Calogen (200ml and 500ml) Neutral, Strawberry, Banana	135kcal, 0g protein / 30ml
Calogen Extra (200ml bottle) Neutral, Strawberry	160kcal, 2g protein / 40ml
Calogen Extra Shots (6 x 40ml shots) Neutral, Strawberry	160kcal, 2g protein / 40ml
Protifar (225g tin) Unflavoured	9.5kcal, 2.2g protein / 2.5g scoop
ProSource Liquid Protein (30ml sachet) Original, Citrus Berry, Orange Crème	100kcal, 10g protein / 30ml

Specialist supplements - To be prescribed following the recommendation from a dietitian only

Renilon 7.5 (125ml) Apricot, Caramel	Low electrolyte, low volume ONS 249kcal, 9.1g protein
Supportan (200ml) Cappucino, Tropical Fruits	Omega 3 containing ONS 300kcal, 20g protein
Modulen IBD (400g tin) Neutral	1 st line for patients with Crohn's disease 500kcal, 18g protein per 100g
Elemental 028 Extra Powder (100g sachets) Orange, Banana, Unflavoured	2 nd line for patients with IBD (after Modulen IBD) 443kcal, 12.5g protein per 100g
Elemental 028 Extra Liquid (250ml) Orange & Pineapple, Summer Fruits, Grapefruit	3 rd line for patients with IBD (after powder form) 215kcal, 6.3g protein
Optifibre (250g tin, 5g sachet) Neutral	Fibre – does not contribute to kcal
Fortisip 2kcal (200ml) Vanilla, Strawberry	Only for Home Enteral Feeding (HEF) patients with a FREKA PEG-J only 400kcal, 20g protein



Available to buy Over The Counter. See [policy statement](#) for more info.

**Non-Specialist
Drugs**

**Specialist Initiation WITHOUT
Shared Care Guidelines**

**Specialist Initiation WITH
Shared Care Guidelines**

**Specialist ONLY
Drugs**

Specialist paediatric formula		
Useful Links:		
Guide quantities of formula milk to prescribe Alternative formulas available over the counter		Gastro-oesophageal reflux Lactose Intolerance
Cow's Milk Protein Allergy – See CMPI Guidance		
Extensively Hydrolysed Formulae	Similac Alimentum (Abbott)	First Line. From Birth
	SMA Althera	First Line. From Birth
	Nutramigen 1 (Mead Johnson)	First line. Birth – 6 months
	Nutramigen 2 (Mead Johnson)	First line. 6 months onwards
Extensively Hydrolysed Formulae - containing lactose (These formulas better tolerated in older infants where refusal is more common due to taste.)	AptamilPepti 1 (Milupa)	First line. Birth – 6 months
	Aptamil Pepti 2 (Milupa)	First line. 6 months onwards
Amino Acid Formulae (If a patient presents with clear anaphylactic reaction to cow's milk these formula should be commenced in primary care, with immediate onward referral to secondary or specialist care.)	SMA Alfamino*	Most cost effective amino-acid formulae. From Birth
	Nutramigen Puramino	From Birth
	Neocate LCP	Birth – 12 months
	Neocate Junior	Over 1 year.
	Neocate Active	High calorie formula. Will not be required automatically by all infants over 1 year. Not suitable as a sole source of nutrition.
	Neocate Advance <i>To be phased out by 2018</i>	A sole source of nutrition for patients with CMPA aged 1-10 years. I.e. for exclusively tube fed patients. It is a high calorie product and will not be required automatically by all patients over 1 year.
Malabsorption < 1 year		
Malabsorption +/- CMPI	Pepti-junior (Cow & Gate)	Under <u>expert</u> recommendation only.
	Pregestimil Lipil (Mead Johnson)	
Energy Dense Formula with medium chain triglycerides for malabsorption /CMPI	Infatrini Peptisorb	Under <u>expert</u> recommendation only.
Pre-term Formulas - See Management tool for Pre-term infant		
Post discharge for Infants Born <35 weeks	Nutriprem 2 Powder	Follow hospital discharge instruction. Ensure regular weight / length monitoring. Must be reviewed at 6 months corrected age / excessive weight gain.
	SMA Gold Prem 2	
	Nutriprem 2 liquid	<u>ONLY FOR EXCEPTIONAL CIRCUMSTANCES</u> when serious safety concerns e.g. parent's ability to make up powder.
	SMA Gold Prem Liquid	

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Faltering Growth < 1 year – See Management tool for Faltering Growth			
Energy Dense ready-to-use formula	Infatrini	Ensure regular weight / length monitoring and refer to Paediatric Dietitian and Paediatrician if appropriate.	
	Similac High Energy		
	SMA High Energy		
Energy Dense Formula, extensively hydrolysed with medium chain triglycerides for malabsorption /CMPI	Infatrini Peptisorb	Under <u>expert</u> recommendation only.	
Faltering Growth > 1 year - See Management tool for Faltering Growth			
Paediatric Oral Nutritional Supplements (ONS) When taken orally not via feeding tube	Frebini Energy Drink	Ensure regular weight / length monitoring.	
	Frebini Energy Fibre drink		
	Fortini	Patient should be under care of Paediatric Dietitian.	
	Fortini Compact		
	Fortini Smoothie		
	Fortini Multifibre		
	Fortini 1.0 Multifibre*		
	Paediasure Plus		*These supplements provide lower levels of calories and protein.
	Paediasure Plus Juce		
	Paediasure*		**Specialist product, under <u>expert</u> recommendation only.
	Paediasure Fibre*		
	Paediasure Pepdite**		
Resource Junior			
Tube feeding in Paediatrics >1 year			
Commonly Used Paediatric Tube Feeds Tube feeds used in adults can also be suitable for some paediatric patients.	Frebini original	Under specialist recommendation only *Nutricia feeds can be delivered to patients by Homeward Company and are used first line in secondary care.	
	Frebini original fibre		
	Frebini energy		
	Frebini energy fibre		
	Nutrini*		
	Nutrini Energy*		
	Nutrini Low Energy Multi-fibre*		
	Nutrini Peptisorb *		
	Nutrini Peptisorb Energy*		
	Paediasure Plus		
	Paediasure		
	Paediasure Fibre		
	Paediasure Pepdite		
	Tentrini*		
	Tentrini Multi-fibre*		
Tentrini Energy*			
Tentrini Energy Multifibre*			

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Commonly Used Tube Feeds – After specialist recommendation only
Nutricia brands are currently the most cost effective products

Feed	Manufacturer	Calories per ml	Protein g per ml	Added fibre?	Nutritionally complete?
Nutrison	Nutricia	1.0	0.04	N	Y
Nutrison Energy	Nutricia	1.5	0.06	N	Y
Nutrison Energy Multifibre	Nutricia	1.5	0.06	Y	Y
Nutrison 1000 Complete Multifibre	Nutricia	1.00	0.055	Y	In 1000kcal
Nutrison 1200 Complete Multifibre	Nutricia	1.20	0.055	Y	In 1200kcal
Nutrison Protein Plus	Nutricia	1.25	0.063	N	Y
Nutrison Protein Plus Multifibre	Nutricia	1.25	0.063	Y	Y
Nutrison Concentrated	Nutricia	2.00	0.075	N	Y
Nutrison Soya	Nutricia	1.00	0.04	N	Y
Peptisorb	Nutricia	1.00	0.04	N	In 1500kcal
Nutrison Low Sodium	Nutricia	1.00	0.04	N	In 1500kcal
Nutrison Soya Multifibre	Nutricia	1.00	0.04	Y	In 1500 kcal
Nutrison MCT	Nutricia	1.00	0.05	N	In 1500ml
Jevity	Abbott	1.05	0.04	Y	Y
Jevity Plus	Abbott	1.2	0.055	Y	Y
Jevity Promote	Abbott	1.01	0.055	Y	In 1000ml
Jevity 1.5 kcal	Abbott	1.52	0.0638	Y	Y
Osmolite	Abbott	1.01	0.04	N	Y
Osmolite Plus	Abbott	1.21	0.055	N	Y
Ensure Plus	Abbott	1.51	0.0627	N	Y
Perative	Abbott	1.31	0.067	N	Y
Twocal	Abbott	2	0.084	Y	In 875ml
Nepro	Abbott	2	0.07	Y	In 1429ml (RNI 19-50 for men excluding electrolytes, chromium & molybdenum)
Oxepa	Abbott	1.52	0.0625	N	In 974ml (excluding electrolytes)
Pulmocare	Abbott	1.51	0.0625	N	In 1000ml (RNI 19-50 for men excluding electrolytes)

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9.5 Minerals (Back To Top)		
For information about supplementation in patients post bariatric surgery see HERE and for a PIL see HERE		
9.5.1 Calcium and magnesium		
9.5.1.1 Calcium supplements		
Calcium Carbonate Adcal® 	Chewable tablets calcium carbonate containing 600mg calcium	Does not contain vitamin D. See section 9.6.4 for Adcal-D ₃
Calcium Carbonate Calcichew® 	Chewable tablets calcium carbonate containing 500mg calcium	Renal recommendation only (For treatment of hypophosphataemia)
Calcium Gluconate 	Effervescent tablets containing 1g calcium gluconate sugar-free	For children. Contains 4.5mmol (103mg) sodium per tablet
Calcium Carbonate, Lactate and Gluconate Sandocal-1000® 	Effervescent tablets containing 1000mg calcium carbonate, lactate and gluconate	Contains 6mmol (13mg) sodium per tablet
Calcium Gluconate 10%	10ml ampoule	
Calcium Chloride 10%	Min-I-jet 10ml	
9.5.1.2 Hypercalcaemia		
Trisodium Edetate	1g in 5ml injection	Bisphosphonates are the drugs of choice in the treatment of hypercalcaemia of malignancy. Refer to BNE
Cinacalcet	Tablets 30mg, 60mg, 90mg	BLUE = primary hyperparathyroidism as per NICE NG132 . See Info Sheet . RED = secondary hyperparathyroidism as per NICE NG117 . Prescribing pre 1 st April 2013 may continue in primary care under previous arrangements
Etelcalcetide	Injection 5mg /ml vial	NICE TA448
9.5.1.3 Magnesium		
Magnesium glycerophosphate	Chewable tablets 97.2mg (4mmol)	Neomag®
Magnesium sulphate	Injection 50% (approximately 2 mmol magnesium per ml) 2ml and 10ml amps, and 10ml syringe	
Magnesium-L-aspartate	Dispersible powder, 10mmol Mg ²⁺ /sachet	Magnaspartate® sachets
9.5.2 Phosphorus		
9.5.2.1 Phosphate supplements		
Phosphate-Sandoz®	Effervescent tablets containing the equivalent of 16.1mmol phosphate	Contains 20.4mmol (469mg) sodium per tablet
9.5.2.2 Phosphate-binding agents		
Calcium acetate	Tablets 1g	Phosex®
Sevelamer	Tablets 800mg	Prescribing pre 1 st April 2013 may continue in primary care under previous arrangements
Lanthanum	Tablets 500mg, 750mg, 1g	Fosrenol® Prescribing pre 1 st April 2013 may continue in primary care under previous arrangements

 Available to buy Over The Counter. See policy statement for more info.	Non-Specialist Drugs	Specialist Initiation WITHOUT Shared Care Guidelines	Specialist Initiation WITH Shared Care Guidelines	Specialist ONLY Drugs
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9.5.4 Zinc		
Solvazinc®	 Effervescent tablets zinc sulphate monohydrate 125mg	(equivalent 45mg zinc). Contains 20.4mmol (469mg) sodium per tablet


9.6 Vitamins ([Back To Top](#))
For information about supplementation in patients post bariatric surgery see [HERE](#) and for a PIL see [HERE](#)

9.6.1 Vitamin A

Vitamin A and D	 Capsules vitamin A 4000 units and vitamin D 400 units	
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9.6.2 Vitamin B

Vitamin B Compound Strong	 Tablets containing nicotinamide 20mg, pyridoxine 2 mg, riboflavine 2mg, thiamine 5mg	Refeeding syndrome only. No longer used in ETOH detox.
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Thiamine (Vitamin B1)	*  Tablets 50mg*, 100mg* Injection 100mg in 1ml, 50mg in 1ml	
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Pyridoxine hydrochloride (Vitamin B6)	Tablets 10mg, 20mg, 50mg	
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Pabrinex®	Injection I/M High potency Injection I/V High potency	
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Vigranon B®	 Syrup containing thiamine 5mg, riboflavin 2mg, nicotinamide 20mg, pyridoxine 2mg, panthenol 3mg in 5ml	Cannot be prescribed on FP10
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9.6.3 Vitamin C

Ascorbic Acid	 Tablets 500mg	Only licensed for treatment of scurvy
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9.6.4 Vitamin D

Evacal D ₃	 Chewable tablets containing 600mg calcium and 400units of vitamin D (as vitamin D ₃)	1 st line chewable preparation in primary care
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Accrete D ₃	 Non chewable tablets containing 600mg calcium and 400units of vitamin D (as vitamin D ₃).	1 st line non chewable preparation in primary care
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Adcal D ₃	 Chewable tablets containing 600mg calcium and 400units of vitamin D (as vitamin D ₃) Dissolve (effervescent tablets), lemon flavour, containing 600mg calcium and 400units of vitamin D (as vitamin D ₃)	2 nd line after Evacal D ₃ (chewable) or Accrete D ₃ (non-chewable) Contains soya oil therefore contraindicated in patients who are allergic to soya and peanuts. Effervescent tablets contains 52mg sodium per tablet.
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Alfacalcidol	Capsules 250 nanograms, 1 microgram Oral drops 2 microgram in 1ml	Only in renal patients. Cannot be used for treatment of vitamin D deficiency/insufficiency
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Calcitriol	Capsules 250 nanograms, 500 nanograms	
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9.6.4 Vitamin D continued		
For information about supplementation in patients post bariatric surgery see HERE and for a PIL see HERE		
Vitamin D deficiency		
See Local Guidance on Prevention, Investigation and Treatment of vitamin D deficiency and insufficiency (ADULTS) and PAEDIATRIC vitamin D guidelines		
Desunin®	<p>Tablets 800units colecalciferol (equivalent to 20 microgram vitamin D₃)</p> <p>Tablets 4,000units colecalciferol (equivalent to 100 micrograms vitamin D₃)</p>	Prevention and treatment of vitamin D deficiency in adults and adolescents. See SPC . See SPC Can be swallowed whole or crushed. Gelatine free, does not contain peanut oil or soya.
Fultium D ₃ ®	<p>Capsules 800units colecalciferol (equivalent to 20 micrograms vitamin D₃)</p> <p>Capsules 20,000units colecalciferol (equivalent to 500 micrograms vitamin D₃)</p> <p>Drops 2,740 units/ml oral drops</p>	For treatment of vitamin D deficiency. See SPC Weekly option for treatment of vitamin D deficiency. See SPC Does not contain peanut oil See SPC
Plenachol®	Capsules 40,000 IU colecalciferol (equivalent to 1 mg vitamin D ₃)	See SPC for dosing instructions
Invita D ₃	Ampoules containing 25,000 IU, 50,000 IU colecalciferol oral solution	See SPC for dosing instructions
Ergocalciferol	IM injection 300 000 units/mL in oil	May be difficult to obtain
9.6.5 Vitamin E		
Alpha tocopheryl acetate	 Suspension 500 mg in 5 ml	
9.6.6 Vitamin K		
Phytomenadione	<p>Injection 10 mg in 1 ml (Konakion® MM) Slow IV injection or by IV infusion in 5% glucose.</p> <p>Tablets 10mg, Capsules 1mg</p> <p>Oral administration 2mg in 0.2ml (Konakion® MM Paediatric)</p>	<p>NOT for IM administration.</p> <p>Neokay®</p>
Menadiol sodium phosphate	Tablets 10 mg	


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9.6.7 Multivitamin preparations

For information about supplementation in patients post bariatric surgery see [HERE](#) and for a PIL see [HERE](#)

Vitamins BPC		Capsules containing ascorbic acid 15mg, Nicotinamide 7.5mg, Riboflavin 500micrograms, Thiamine hydrochloride 1mg, Vitamin A 2500 units, Vitamin D 300 units	Food supplement
Abidec®		Drops (25 ml) containing Vitamin A Palmitate 1333units, Ergocalciferol 400units, Thiamine Hydrochloride 400micrograms, Riboflavin 800micrograms, Pyridoxine Hydrochloride 800micrograms, Nicotinamide 8mg, Ascorbic acid 40mg/0.6ml	
Dalivit®		Drops (25 ml, 50 ml) containing Vitamin A Palmitate 5,000 units, Ergocalciferol (Vitamin D2) 400 units, Thiamine hydrochloride (Vitamin B1) 1 mg, Riboflavin (Vitamin B2) 400 micrograms, Pyridoxine hydrochloride (Vitamin B6) 500 micrograms, Ascorbic acid (Vitamin C) 50 mg, Nicotinamide 5 mg	
Renavit®		Tablets containing Thiamine Nitrate 100 mg, Pyridoxine Nitrate 200 mg, Cyanocobalamin 200 micrograms.	ACBS only - Dietary management of water-soluble vitamin deficiency in adults with renal failure on dialysis
Ketovite®		Tablets containing Thiamine hydrochloride 1mg, Riboflavin 1mg, Pyridoxine hydrochloride 0.33mg, Nicotinamide 3.3mg, Calcium pantothenate 1.16mg, Ascorbic acid 16.6mg, Acetomenaphthone 0.5mg, Alpha-tocopheryl acetate 5mg, Inositol NF XII 50mg, Biotin USP 0.17mg, Folic acid 0.25mg. Liquid containing Vitamin A (as palmitate) 2500 IU, Vitamin D2 (ergocalciferol) 400 IU, Cyanocobalamin 12.5 microgram and Choline Chloride 150 mg, in each dose	Paeds only
Forceval®		Capsules Ascorbic acid 60mg, Biotin 100micrograms, Cyanocobalamin 3micrograms, Folic acid 400micrograms, Nicotinamide 18mg, Pantothenic acid 4mg, Pyridoxine 2mg, Riboflavin 1.6mg, Thiamine 1.2mg, Vitamin A 2500units, Vitamin D2 400units, Vitamin E 10mg Minerals and trace elements: Calcium 100mg, Chromium 200micrograms, Copper 2mg, Iodine 140micrograms, Iron 12mg, Magnesium 30mg, Manganese 3mg, Molybdenum 250micrograms, Phosphorus 77mg, Potassium 4mg, Selenium 50micrograms, Zinc 15mg	BLUE = Only to be initiated by the eating disorder service for patients with Anorexia Nervosa, a BMI of <17.5 and are mineral and vitamin deficient. RED = All other indications. For information about supplementation in patients post bariatric surgery see HERE and for a PIL see HERE

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9.6.7 Multivitamin preparations continued		
Phlexy-vits® 	Sachets 7g Click HERE for contents Tablets Click HERE for contents	ACBS only - For use as a vitamin and mineral component of restricted therapeutic diets in children over 11 years and adults with phenylketonuria and similar amino acid abnormalities
Paravit-CF	Capsules Liquid Click HERE for contents	Paediatric CF team recommendation only

9.7 Bitters and tonics ([Back To Top](#))
Because of a lack of evidence supporting their use, bitters and tonics are generally not recommended and therefore are not included in the formulary.

9.8 Other NICE approved drugs (Back To Top)		
Asfotase alfa	Vials 40 mg/ml, 100 mg/ml	As per NICE HST6 (NHS England commissioned)
Eliglustat	Capsules 84.4 mg	As per NICE HST5 (NHS England commissioned)
Migalastat	Capsules 123 mg	As per NICE HST4 (NHS England commissioned)
Elosulfase alfa	Vials 5mg/5ml	As per NICE HST2 (NHS England commissioned)

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