

Guide to Taking a Nutritional Supplement



You have been advised to take a nutritional supplement

Supplement Name _____

Amount _____ **Daily**

Most supplements need to be made up with milk. Some patients' medical condition may require them to have ready to drink supplements.

Please take your supplements at the following times:-

.....

It is important that you take these supplement drinks in the amounts advised, if you are unable to do this, discuss with your doctor or dietitian.

Supplement drinks should be taken in addition to meals and not instead of meals. Avoid taking them just before or at meal times. They are filling and can affect your appetite. Take supplement drinks in-between meals or in the evening.

Powder Supplements

- Powdered supplement drinks should be made up with chilled whole milk and stir well until smooth. Once made up, drink within 4 hours¹ or if to be split into doses to be drunk throughout the day, store in the fridge for up to 24 hours. Any unused supplement should be discarded after 24 hours. Unopened sachets of these supplements should be stored in a cool, dry place

Ready To Drink Supplements

- Shake supplement well before use, supplements unless to be heated up, taste better chilled
- Ready to drink supplements should be drunk within 4 hours¹ or if to be split into doses to be drunk throughout the day, store in the fridge for up to 24 hours. Any unused supplement should be discarded after 24 hours.
- Unopened bottles of these supplements should be stored in a cool, dry place

Hints and Tips

- It is best to sip your supplement drink slowly over 30-60 minutes or take by splitting the volume into equal doses e.g. taking a 300mls as 4 x 75mls
- Sweet flavoured supplements can also be frozen to make ice cubes or lollipops or used in jelly or mousse
- Remember good oral hygiene can help improve the taste of food and drinks, so brush your teeth regularly
- If you feel no longer require the supplement drinks make sure that the repeat prescription is not ordered and is cancelled with your doctor

Reference: 1, <http://www.foodstandards.gov.scot/food-safety-standards/food-safety-hygiene>