

**Community Dietetic Service**  
**Beckenham Beacon**  
**379 Croydon road**  
**Beckenham**  
**BR3 3QL**  
**Tel: 0300 330 5777**

### **Tell us what you think**

We want you to be happy with the service you receive from us, but we know that every so often something might go wrong. If you're unhappy with the care you receive or an element of our service, we want to hear from you.

Of course, we also want to hear from you if you're happy with the care you're receiving - it's good to be able to thank the team and let people know they're doing a good job, so if you have a compliment or congratulation, we'd like to hear from you.

If we are unable to resolve your concerns or you would like to take the matter further please contact us at the address below.

Central Court  
1b Knoll Rise  
Orpington BR6 OJA

**020 8315 8880**

[bromh.feedback@nhs.net](mailto:bromh.feedback@nhs.net)

[bromleyhealthcare.org.uk](http://bromleyhealthcare.org.uk)

Bromley Healthcare Community Interest Company Ltd  
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**How to take your  
nutritional supplement**  
**Bromley Adult Community Dietitians**

## Your treatment goal

You should aim to take \_\_\_\_\_  
supplement drinks per day

### Notes...

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## Why have I been prescribed supplements?

Before starting supplement drinks it is important that you are having nourishing foods and drinks. It is also good to fortify your diet by adding naturally high calorie foods e.g. butter, margarine, oils, mayonnaise, double cream, cheese etc. to all your meals.

**Please see diet sheet 'Adding extra calories and protein' and 'Food for energy' for ideas.**

If you have been prescribed nutritional supplement drinks it is likely that a high calorie fortified diet alone has not been enough to meet your current nutritional needs. The most common reasons for starting supplement drinks are:

- Being underweight due to disease / illness
- Losing weight unintentionally due to disease / illness
- Malabsorption - not absorbing the nutrients from your food
- To build you up in preparation for surgery
- Swallowing problems leading to you not getting enough calories and protein from your diet

**This leaflet will provide you with information on when and how to take them.**

## Hints and tips

- Supplement drinks should **not** replace meals.
- The best time to take supplement drinks is between meals: this way they should not affect your appetite.
- Supplement drinks make a good mid morning, mid afternoon or late night snack.
- Throw away any supplement drink that has been opened for more than 4 hours and if stored in the fridge opened for more than 24 hours.
- If you are taking thickened fluids the supplement drinks will need to be thickened to the correct consistency: check with your Speech and Language Therapist for further information.

## How long should I take my supplement drinks for?

You will only require prescribed supplement drinks while you are having difficulty eating a normal diet or until you have reached your target weight / treatment goals set by the Dietitian / Nurse / GP who should review your progress regularly. You should be informed when the prescription has ended.

If however you would like to continue taking similar drinks you can buy these.

Examples include: Aymes (retail), Complian, Meritene (formally Build Up), Nourishment, Nutrament.

Alternatively you can make your own home-made nourishing drinks with milk or milk substitutes, milk powder and flavourings.

**Please see diet sheet 'High calorie drinks and recipe ideas' for some suggestions.**

## Dental health

Following this diet advice could damage your teeth. Sugary foods and drinks cause dental decay therefore it is important to contact your dentist for further preventive advice.

- Ask your Dentist about a prescription for toothpaste with higher levels of fluoride to protect your teeth.
- After eating, rinse your mouth with water, milk or mouthwash containing fluoride – this will help remove food debris from your mouth.
- Do **not** brush your teeth after eating sweet things as this could damage your teeth.
- Avoid eating or drinking in the 30 minutes before going to bed.
- Brush your teeth last thing at night – spit out excess paste - do **not** rinse your mouth afterwards.