

Supplement Drinks

Supplement drinks are designed especially for people who are unwell and need an extra source of nutrition. When you are unwell or recovering from injury or an operation, your body needs extra nutrition. It is best to meet your requirements through your normal diet however if you are unable to do so these drinks provide that extra nourishment.

Your treatment goal is: _____

You should take _____ supplement drinks per day.

- It is important to remember that these drinks are only necessary during periods of illness:** once your treatment goals have been met, you will no longer need to take them.
- Supplement drinks may be useful if you have difficulty eating or swallowing:** this can often affect the amount of food you eat.
- Supplement drinks should NOT replace meals:** they are to support your normal meals and be a 'top-up'.
- You should take supplement drinks between meal times:** this way they should not affect your appetite.
- Supplement drinks are available on prescription from your doctor:** You will be given a small supply initially to see if you can tolerate them. Following this, you will receive one month's supply at a time and be reassessed regularly to ensure they are still necessary.
- Supplement drinks must be stored in a cool, dry place, away from radiators and other sources of heat:** they do not need to be refrigerated – simply chill a small supply at a time if you prefer them cold.
- Supplement drinks, once opened, should only be kept for up to 4 hours at room temperature,** after that they should be disposed of or be stored in the fridge, and should be consumed within 24hrs. Also check the use by date.
- Supplement drinks are not indicated if you are eating a normal diet and/or have met your treatment goals:** if you wish to continue taking similar drinks, products available to buy include Complan, Nurishment and Build Up, or try homemade nourishing drinks (see Nourishing Drinks sheet).
- If you are taking thickened fluids the supplement drinks will need to be thickened to the correct consistency:** check with your Speech & Language Therapist for further information.