



PATIENT INFORMATION

Build-Up Soup® and Complan® (for use in Primary Care)

You have been advised to start taking **Build-Up®** and/or **Complan®**. They may have been recommended by a health professional if you have lost weight, are underweight or have a poor appetite.

If you manage less than half of your usual amount of food at mealtimes, take a **Build-Up®** or **Complan®** drink. These drinks are available to purchase from your local chemist/large supermarkets. Some chemists may also sell their 'own brands.' They are **not** available on prescription from your G.P.

Instructions on how to make these drinks are on the packet. Follow them carefully.

Flavours include:

- **Build-Up Soups®**
Chicken, vegetable, tomato, potato and leek
- **Build-Up Milkshakes®**
Banana, chocolate, strawberry, vanilla
- **Build-Up Instant hot chocolate®**
- **Complan®**
Banana, chocolate, original, peach, raspberry, strawberry, vanilla, chicken, vegetable

Do not exceed 3 sachets daily.

Ask the chemist if they do not have the flavour you like in stock, they may be able to order it in for you.

If you find the amount of fluid difficult to manage you can use Complan® in recipes, for example to make ice cream or sauces.

‘Build-Up Original®’ is an unflavoured powder, which can be added to hot and cold drinks and foods.

If you do not tolerate these drinks, contact your healthcare professional, who advised you to take them, for further advice. Also contact your healthcare professional if you lose weight.

This leaflet has been produced to help those people who have lost weight unintentionally or who have a poor appetite.

Given by _____

Contact Number _____

Produced by the department of Nutrition and Dietetics, Torbay hospital

Further copies are available from the intranet (Nutrition and Dietetics website) and iCare.