



PATIENT INFORMATION

Making the most of supplement drinks

- Sip feeds (supplement drinks) should not normally replace meals but should be taken in addition to meals. They are best taken between meals.
- Neutral/vanilla flavoured sip feeds can be used instead of milk, for example to make porridge, sweet or savoury sauces, milk puddings.
- Sweet flavoured sip feeds are best served chilled.
- Savoury sip feeds are best served heated and taken as a soup (do not boil).
- Sip feeds may be sipped through the day or taken as a whole drink. Once opened consume within 4 hours (or 24 hours if stored in the fridge)
- Store in a cool dry place (such as a cupboard).
- Ensure that the correct amount is taken as advised by your doctor, dietitian or nurse for example 1 bottle or sachet/day or 2 bottles or sachets/day.
- If you do not like the sip feed, there may be other flavours or types available – ask your doctor for an alternative.
- Fruit juice type sip feeds can be frozen into ice cubes or ice-lollies. They can also be diluted for example with lemonade, providing the full dose of sip feed is taken during the day.
- Recipe leaflets are available, giving ideas on how to incorporate sip feeds into foods – ask your dietitian, doctor or nurse.

Name of the supplement you have been prescribed:

You have been advised to take _____ per day.

For future reference, make a note of your favourite flavours.

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

Given by: _____ **Telephone number:** _____

For further information contact:

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

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