



# Osmolite Plus

1.2 kcal/ml complete, balanced liquid

## PRESENTATION

- Presented in 500 ml (603 kcal), 1000 ml (1206 kcal) & 1500 ml (1809 kcal) Ready to Hang (RTH) containers.
- Osmolite Plus is unflavoured.

## USES

Food for Special Medical Purposes, for use under medical supervision. Suitable as a sole source of nutrition or as a nutritional supplement for patients who cannot or will not eat sufficient quantities of everyday food and drink to meet their nutritional requirements.

Nutritionally complete for vitamins and minerals in 1250 ml (excluding electrolytes, calculated using the UK Reference Nutrient Intake for men aged 19-50 years).

## COMMUNITY USE—PRESCRIPTIONS

Can be prescribed on a FP10 for the following indications:

- Disease-related malnutrition
- Total gastrectomy
- Short bowel syndrome
- Bowel fistulae
- Intractable malabsorption
- Pre-operative preparation of patients who are malnourished
- Proven inflammatory bowel disease
- Dysphagia

All prescriptions should be endorsed ACBS (Advisory Committee on Borderline Substances).

Available on the DPS (Drugs Payment Scheme) and GMS (General Medical Services) scheme in Ireland.

## STORAGE

- Store unopened at room temperature.
- Avoid prolonged exposure to light.
- Once opened, unused product should be resealed and stored in a refrigerator.
- Unused contents should be discarded after 24 hours.

## DIRECTIONS FOR USE

- Ready for use.
- Administer at room temperature for tube feeding.
- The volume/flow rate should be adjusted to meet the patient's nutritional needs and tolerance. This product has a low viscosity and will pass down a fine nasogastric tube.
- A Flexitainer enteral nutrition container may be used if decanting is necessary.
- For gravity feeding, the use of a Flexiflo gravity gavage set is recommended.
- An Abbott enteral feeding pump may be used in conjunction with the Abbott enteral feeding system where a more accurately controlled delivery of feed is indicated. An ambulatory system is available for use.

## PRECAUTIONS

- In patients receiving some medications there may be a risk of drug nutrient interactions (e.g. warfarin and vitamin K). Careful prescribing and monitoring practices will serve to reduce the risk (please refer to pharmacist).
- Patients should not make any additions to the feed without consulting their pharmacist or dietitian.
- Unless recommended by a qualified healthcare professional, not intended for use in children.
- When feeding to patients with dysphagia, please thicken the product as appropriate.

## CONTRA-INDICATIONS

- FOR ENTERAL USE ONLY.
- Do not use in children under 1 year of age.
- Not for use in galactosaemia.
- Suitable for people with diabetes provided that routine glucose checks are performed.

## INGREDIENTS

Water, maltodextrin, sodium and calcium caseinates (*milk* protein), high oleic sunflower oil, canola oil, corn oil, MCT oil from palm kernel oil, potassium citrate, sodium citrate, emulsifier: E322 (*soy* lecithin), stabiliser: E460, E466, E418, magnesium chloride, tricalcium phosphate, potassium chloride, choline chloride, magnesium phosphate dibasic, vitamin C, taurine, L-carnitine, ferrous sulphate, zinc sulphate, vitamin E, niacin, calcium pantothenate, manganese sulphate, copper sulphate, vitamin B6, thiamin (vitamin B<sub>1</sub>), riboflavin (vitamin B<sub>2</sub>), beta carotene, vitamin A, vitamin D, folic acid, sodium molybdate, chromium chloride, sodium selenate, potassium iodide, vitamin K, biotin, vitamin B<sub>12</sub>.

## GENERAL INFORMATION

Energy density	1.2 kcal/ml
Energy distribution:	
Protein	18.4%
Carbohydrate	52.3%
Fat	29.3%
Renal solute load	464 mOsm/L
Osmolarity	293 mOsm/L
Osmolality	359 mOsm/kg H <sub>2</sub> O
Gluten free?	✓
Clinically lactose free?	✓
Milk free?	×
Suitable for vegetarians?	✓ <sup>1</sup>

For suitability for other diets and free-from information, please contact the Freephone Nutrition Helpline on 0800 252882.

1. Vitamin D is synthesised from cholesterol, extracted from the grease in wool sheared from live sheep.