How to manage your oral nutritional supplement (sip feed) stock at home

Did you know you don’t have to order your oral nutritional supplements (sip feed) every month if you have enough stock at home?

**So, what do you need to do?**

* **Check your stock at home before you order more. You might have enough supply to last you more than a month. Any changes to your repeat prescription will be discussed with you by your doctor or dietician. You may be on the oral nutritional supplements (sip feeds) temporarily and only need a small supply.**
* **Only order the flavours you like. Please tell your doctor or pharmacist if you don’t like the flavours or the consistency. These can be changed to other flavours or a sip feed with a different consistency.**
* **Please tell your pharmacy when you have enough oral nutritional supplements (sip feeds) to last you to your next order, if they order your prescription on your behalf. This is to save them reordering unnecessary oral nutritional supplements (sip feeds) for you.**

**If you use other methods of ordering your repeat prescription, for example, online, via the NHS app or a prescription ordering direct service, please check how much you have at home before reordering more.**

* **Check your prescription bag before you leave the pharmacy and return any unwanted oral nutritional supplements (sip feeds), whilst still inside the pharmacy. Once oral nutritional supplements (sip feeds) have left the pharmacy, they cannot be used for someone else. If you have your prescription delivered, check your prescription bag before the delivery driver leaves and hand any unwanted oral nutritional supplements (sip feeds) back to them.**
* **Ensure that you go for regular reviews at your GP practice to monitor your weight and body mass index (BMI).** **Supplies of oral nutritional supplements (sip feeds) are often used temporarily until your goal weight or body mass index (BMI) are reached. If you are unsure what your goal weight and/or body mass index (BMI) is, please ask at your next review.**
* **Your doctor, dietician or practice pharmacist may adjust your** **oral nutritional supplements (sip feed) quantities on prescription at any time to suit your dietary requirements. Your requirements for oral nutritional supplements (sip feeds) may change over time and this should be reviewed regularly.**