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**Contact details**

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If you have any questions about the information in this leaflet please contact the dietetic department at the address below:

**Royal Surrey County Hospital**

Nutrition and Dietetics Department  
Egerton Road, Guildford, Surrey GU2 7XX.

**Telephone:** 01483 464119

**Fax:** 01483464868

**Email:** rsch.dietitians@nhs.net

**PALS and Advocacy contact details**

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Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located on the right hand side as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

**Telephone:** 01483 402757

**Email:** rsc-tr.pals@nhs.net

**Opening hours:** 9.00am–3.00pm  
Monday to Friday

If you would like information documents in large print, on tape or in another language or form please contact PALS.

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Future review date: September 2020  
Author: Alice Extan  
**PIN270917–1329**



**Taking your nutritional supplements**

**Nutrition & Dietetics Department**

**Patient information leaflet**

## Who is this leaflet for?

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The information in this leaflet is for you if you:

- Have been prescribed nutritional supplements by your doctor or dietitian.

## What are nutritional supplements?

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Nutritional supplement drinks provide you with extra calories and protein to support you when you are struggling to eat enough. Many also contain essential vitamins and minerals.

## How should I take my nutritional supplements?

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- Nutritional supplements should not replace meals; they should be taken between meals.
- Avoid taking nutritional supplements close to mealtime as they may fill you up.
- Sip nutritional supplements slowly, you do not have to drink them all at once.

## Bottled supplements

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- These do not need to be stored in the fridge but they may taste better cold (or even with ice!).
- The drinks can be frozen and made into an ice cream or ice lolly.
- If you find these drinks too sweet they can be diluted with extra milk, tonic water or lemonade.
- Once opened these drinks are safe to drink for 24 hours.

## Powdered supplements

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- These drinks should be made up with full cream milk.
- If you find these drinks too sweet, try mixing them with a larger volume of milk.
- Once you have made these drinks up they can be stored in the fridge for 24 hours. This will allow you time to drink them slowly over the course of the day.

## Reference sources

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- British Dietetic Association ([www.bda.uk.com](http://www.bda.uk.com))
- NHS choices ([www.nhs.uk](http://www.nhs.uk))