

Supplement drinks – supporting your food.

Making the most of your sip drinks/supplements.

Your Doctor has prescribed sip drinks/supplements for you. Store these sip drinks/supplements in a cool, dry place, away from radiators, or other sources of heat. This provides you with some useful tips about using these sip drinks/supplements.

- ❖ Sip drinks/supplements are NOT meal replacements and should be taken in addition to meals.
- ❖ Each day try to have 3 small regular meals which include a variety of foods. Try to have snacks between meals.
- ❖ Take your sip drink/supplement **between meals**.
- ❖ Take the prescribed number of sip drinks/supplements each day.
- ❖ If you need to take your fluids thickened please make sure that you use your thickener as directed by the doctor, dietitian or Speech and Language Therapist.
- ❖ Sweet flavoured milk shake style sip drinks/supplements are best served chilled. They can also be frozen to make ice cream.
- ❖ Fruit juice style sip drinks can be frozen into ice cubes or lollies. They can also be made into a longer drink with fizzy drinks such as lemonade or tonic water.
- ❖ Try to drinks within 4 hours of opening. If you are taking small amounts throughout the day try to refrigerate the unused drink.
- ❖ Throw away any sip drink/supplement not taken after 24 hours.
- ❖ Neutral flavoured sip drinks/supplements – usually the milk shake style ones – can be used instead of milk to make porridge, custards, rice puddings, instant desserts or sweet or savoury sauces.
- ❖ Sip drinks/supplements are usually only needed short term for between 3 - 6 months. It is important that you enjoy your meal, snacks and beverages and that you do not become dependant on these sip drinks/supplements.
- ❖ If you DO NOT LIKE your sip drink/supplement please let your doctor, nurse or dietitian know as soon as possible so that either a different sip drink/supplement can be tried or the prescription is discontinued. Nourishing drinks advice can be provided.