

## Weight Record

Keep a record of your weight or ask to be weighed monthly at your surgery by your HealthCare Assistant. You can ask the surgery to add this to your records.

Date	Your Weight

**If you continue to lose weight please contact your GP Practice Team for review.**

NHS Herefordshire CCG, Medicines Optimisation Team,  
St Owen's Chambers, 22 St Owen Street, Hereford. HR1 2PL,  
Tel: 01432 260618  
[www.herefordshireccg.nhs.uk](http://www.herefordshireccg.nhs.uk)



# How to take your Nutritional Supplement

## Patient Information Leaflet

You have been prescribed a nutritional supplement.

During illness and whilst recovering, it is important to eat a diet that is as nutritious as possible. This will help you to heal well, fight infections, prevent weight loss, feel brighter and more energetic and help your body get all the nutrients it needs. In some cases supplements are prescribed to help boost your intake to help you get all these nutrients.

This leaflet contains helpful hints on how to make the most of your supplement.

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## Why do I need a Supplement?

You have been advised by your healthcare professional to take a nutritional supplement.

These supplements are specially made to provide energy, protein, vitamins and minerals.

They will help you if you are finding it difficult to eat enough to meet your needs.

They will help you to gain weight or stay at a healthy weight. They may also help you to recover from illness.

Your GP will prescribe these and you should follow the directions on how often to take them.

## Please note ...

**Do Not** take your supplement just before a meal.

**Do Not** use the supplement to replace your normal meals.

**Do Not** share supplements as they are a prescribed item and should only be taken by the individual who they have been prescribed for.



## Tips on taking your Supplements

**Do** follow the [Food First leaflet](#). Eat high calorie foods plus your favourite snacks. Small and frequent meals may be easier to manage.

**Do** use these supplements as well as your usual food.

**Do** take supplements in-between meals so they do not reduce your appetite for food.

**Do** take supplements as directed by your doctor. This will ensure they are work effectively.

**Do** take your supplements in small amounts through the day or take as a whole drink. (Store any opened supplements in the fridge for up to 24 hours.)

**Do** serve chilled or warm if you prefer. Do not boil the supplement as this may destroy some of the vitamins.

**Do** let your doctor know if you dislike the supplement you have been prescribed. There are other supplements they can prescribe.

**Do** let your Pharmacist know which flavours you prefer.

**Do** look on the company website for ideas how to make taking your supplement more interesting. Some powdered supplements can be added to yoghurts or custard and some can be mixed with fruit juice or carbonated drinks for a refreshing change.

**Do** weigh every month to monitor your progress. (See back of leaflet.)