

# Changes to the Funding of Nutritional Products

## - Fortisip, Fortisip Multi Fibre, Ensure Plus and Two Cal HN



Changes are occurring to the funding of some nutritional products from 1 April 2011. The key changes are outlined below:

- Fortisip, Fortisip Multi Fibre, Ensure Plus and Two Cal HN brands of ready-mixed liquid supplements will have their subsidy reduced and you will have to pay an additional fee known as a part-charge if you wish to continue using them;

### Unless

- these products are used for tube feeding; then there will be no change to the subsidy and no part charge

### What are my options?

You can change to using Ensure powder or Sustagen Hospital Formula powder for which there will be no part charge

Or

You can continue to use Fortisip, Fortisip, Fortisip Multi Fibre, Ensure Plus and 2calHN ready-mixed liquid feeds – but you will have to pay a part-charge

### More information

Liquid supplements are designed to provide additional nutritional intake for people who are unable to meet all their nutritional needs from normal foods. They are usually used in combination with other approaches to boost nutrition such as snacks between meals and high energy foods.

There are two types of liquid feeds:

- Ready-mixed liquid feeds eg. Fortisip, Fortisip Multi Fibre, Ensure Plus, Two Cal HN;
- Powders which need to be mixed with liquid eg. Ensure powder, Sustagen Hospital Formula

While there are some differences in these two types of products, such as the packaging and mixing requirements they both provide additional nutrition.



Powders which need to be mixed with liquid eg. Ensure powder, Sustagen Hospital Formula



Ready-mixed liquid feeds eg. Ensure Plus, Fortisip, Fortisip Multi Fibre, Two Cal HN;

## Why are these changes happening?

The cost of nutritional products has been increasing. While ready-mixed liquid supplements may be more convenient, they are more expensive, and provide no additional nutritional benefit over the powder alternatives. The savings generated from using powdered products can be used to fund other nutritional products and medicines.

## What will the cost of the ready-mixed liquid products be and can I still use them?

The ready-mixed liquid products will still be available. If you choose to use them, you will have to pay a part-charge. The cost will vary depending upon the product and the pharmacy; however, as a basic guide:

Product	Container	Part charge <sup>1</sup>
Fortisip (200ml)	Bottle	\$1.00
Fortisip Multi Fibre (200ml)	Bottle	\$1.00
Ensure Plus (200ml)	Tetrapak	\$1.00
Ensure Plus (237ml)	Can	\$0.89
Two Cal HN (237ml)	Can	\$2.06

<sup>1</sup> note that an additional co-payment may also apply. Your Pharmacist will be able to provide you with additional information about this.

## When are these changes occurring?

The changes are occurring from 1 April 2011.

## Where can I get more information?

You can phone PHARMAC on 0800 66 00 50 or visit the website

<http://www.pharmac.govt.nz/patients/SpecialFoodsChanges>

*Your doctor, dietitian and pharmacist can also provide you with further information.*

## Will the powdered products work the same?

Yes, the powdered products will work the same as the ready-mixed liquid products. However, they will need to be mixed with either water or milk.

Speak to your healthcare professional to discuss whether the ready-mixed liquid products or the powders are the better option for you.

Some tips for using powdered products are outlined below:

## How to mix the powdered products

1. Use the scoop provided and follow the directions of your healthcare professional;
2. Ensure powder and Sustagen Hospital Formula can be mixed with either water or milk (preferably whole or full fat milk);
3. You may find it easier to mix if you add the water/milk to the powder;
4. Mix using a spoon, fork, shaker, whisk or blender until the powder has dissolved;

Once mixed, it can be drunk straight away. Any leftover mixture can be covered and placed in the fridge for up to 24 hours. After 24 hours it should be thrown away.

*Powdered products are versatile and easy to mix with other food. You can:*

- add other flavours, for example milkshake flavours, Milo, coffee or hot chocolate;
- make a thick-shake by adding 2 tsp of instant pudding powder;
- make a hot drink by heating gently – but don't boil;
- make a fruit smoothie by blending the made up mixture with:
  - 1 banana and 2-3 tablespoons of ice cream or yoghurt, or
  - ¼ cup of canned fruit and 2-3 tablespoons of ice cream or yoghurt, or
  - ¼ cup of frozen berries

