



**FRESENIUS  
KABI**

caring for life

# Fresubin® 5 kcal Shot

## Patient Information



# Fresubin 5 kcal Shot



## All about Fresubin 5 kcal Shot

This leaflet will answer some of the questions you may have about Fresubin 5 kcal Shot. If you have any other questions, you should contact your dietitian, doctor or healthcare professional.

## What is Fresubin 5 kcal Shot?

Fresubin 5 kcal Shot is a high calorie oral nutritional supplement which will help to increase energy. Fresubin 5 kcal Shot is lactose and gluten free.

## What flavours are available?

There are two delicious flavours to choose from:

- Lemon
- Neutral

## How much Fresubin 5 kcal Shot should I take?

Your dietitian or Healthcare Professional will advise you to take the oral nutritional supplement in small doses (shots) spread out over the day. As a guide for supplementary nutrition 3 - 4 30ml shots will provide 450 - 600kcal. Intake should not exceed 50% of your energy needs.

**YOUR RECOMMENDED DOSE IS .....ml.....TIMES PER DAY**

**IT IS IMPORTANT THAT YOU TAKE ALL PRESCRIBED DOSES DAILY**

If you find it difficult to take your prescribed doses, the following 'Handy Hints' will help you include your Fresubin 5 kcal Shot daily doses into everyday foods and drinks should you wish to do so.

## Adding Fresubin 5 kcal Shot to nutritional supplement drinks and puddings:

If you are also being prescribed other oral nutritional supplements which are drinks or dessert style supplements, 30ml\* can be added to these products\*\*.

## Fresubin 5 kcal Shot hot drink ideas:

- Add 30ml\* of Fresubin 5 kcal Shot neutral flavour to:
  - Tea
  - Coffee
  - Hot milk
  - Hot chocolate
  - Ovaltine®, Horlicks® or other malted drinks

## Fresubin 5 kcal Shot cold drink ideas:

- Add 30ml\* of Fresubin 5 kcal Shot neutral or lemon flavour to:
  - Cold milk
  - Milkshake/smoothie (see our recipe idea below)
    - Banana Milkshake (432kcal)
      - 1 x medium banana
      - 150ml full fat milk
      - 2 scoops vanilla ice cream
      - 30ml Fresubin 5kcal Shot

# Fresubin 5 kcal Shot

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## Fresubin 5 kcal Shot Breakfast Ideas:

Add 30ml\* of Fresubin 5 kcal Shot neutral flavour to:

- Milk used for cereal
- Porridge
- Scrambled eggs or omelette (whisk in to mixture before cooking)
- Tinned tomatoes or baked beans

## Fresubin 5 kcal Shot Lunch Ideas:

Add 30ml\* of Fresubin 5 kcal Shot neutral flavour to:

- Pureed meals (make up to required consistency as advised)
- Tinned, carton or homemade soup
- Baked beans

## Fresubin 5 kcal Shot Dinner Ideas:

Add 30ml\* of Fresubin 5 kcal Shot neutral flavour to:

- Pureed meals (make up to required consistency as advised)
- Casseroles and stews
- Mince (cottage/shepherds pie, chilli con carne, bolognese sauce)
- Gravy and sauces
- Mashed potato/vegetables

## Fresubin 5 kcal Shot Dessert / Snack Ideas:

Add 30ml\* of Fresubin 5 kcal Shot neutral or lemon flavour to:

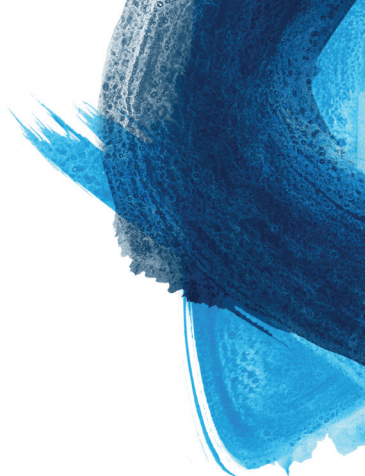
- Cream or condensed milk to accompany desserts
- Rice pudding
- Custard
- Yoghurt (plain or fruit)
- Mousse
- Tinned, fresh or frozen fruit
- Cake or Gateau

## How should I store Fresubin 5 kcal Shot?

Unopened bottles can be kept at room temperature, not above 25°C. Opened bottles should be resealed and kept in a fridge for up to 14 days and used under hygienic conditions. It must not be used after the expiry date.

\* or your recommended dose

\*\* except Fresubin Thickened (Level 2 & 3) as this will alter the consistency of the oral nutritional supplement



## Additional information

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Patient name:

Your recommended dose is:

.....ml.....times per day

Flavour preferences:

Dietitian:

Contact No:



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