

Chapter 9: Nutrition and Blood

Contents

[9.1 Anaemias and some other blood disorders](#)

[9.2 Fluids and electrolytes](#)

9.3 No content





[9.4 Oral nutrition](#)





[9.5 Minerals](#)





[9.6 Vitamins](#)

[For cost information please go to the most recent cost comparison charts](#)

Key

	<p>Red drug see GMMMG RAG list <i>Click on the symbols to access this list</i></p>
	<p>Amber drug see GMMMG RAG list <i>Click on the symbols to access this list</i></p>
	<p>Green drug see GMMMG RAG list <i>Click on the symbols to access this list</i></p>
<p style="text-align: center;">U</p>	<p>If a medicine is unlicensed this should be highlighted in the template as follows</p> <p style="text-align: center;">Drug name U</p>
	<p>Not Recommended</p>
<p style="text-align: center;">OTC</p>	<p>Over the Counter</p>
<p>Order of Drug Choice</p>	<p>Where there is no preferred 1st line agent provided, the drug choice appears in alphabetical order.</p>

BNF chapter	9 Nutrition and Blood	
Section	9.1. Anaemias and some other blood disorders	
Subsection	9.1.1 Iron-deficiency anaemias	
Subsection	9.1.1.1 Oral iron	
First choice	Ferrous fumarate 322 mg tabs (100 mg iron) Ferrous fumarate 305 mg caps (100 mg iron)	
Alternatives	Ferrous fumarate 210 mg tabs (68 mg iron)	
	Ferrous sulphate 200 mg tabs (65 mg iron)	
	Ferrous fumarate 140 mg sugar free syrup (45 mg of iron/5 mL). Sodium Feredetate 190 mg sugar free elixir (27.5 mg of iron/5 mL)	
Subsection	9.1.1.2 Parenteral iron	
First choice	Ferric carboxymaltose 50 mg/mL injection (Ferinject®)	
	Iron isomaltoside 100 mg/mL injection (Monofer®)	
Alternatives	Iron Sucrose 20 mg/mL iron (Venofer®)	 Used first line in haemodialysis patients.
	Iron Dextran 50 mg/mL iron (CosmoFer®)	
<p>General Guidance applicable to all drugs</p> <p>MHRA DSU: Intravenous iron and serious hypersensitivity reactions: clarification of advice on new recommendations regarding initial test dose, Sept 2013</p> <p>MHRA DSU: Intravenous iron and serious hypersensitivity reactions: new strengthened recommendations to manage and minimise risk, Aug 2013</p> <p>British Standards for Standards in Haematology: UK Guidelines on the management of iron deficiency in pregnancy.</p> <p>NICE NG8: Anaemia management in people with chronic kidney disease</p>		

Subsection	9.1.2 Drugs used in megaloblastic anaemias	
First choice	Hydroxocobalamin 1 mg/mL injection Folic acid 400 micrograms tablets Folic acid 5 mg tablets Folic acid 2.5 mg/5 mL oral solution sugar free	NICE CG62: Antenatal care & NICE CG156 Fertility: Assessment and treatment for people with fertility problems . (Folic acid 400 micrograms for the prevention of neural tube defects prior to conception and during pregnancy.)
General Guidance applicable to all drugs British Committee for Standards in Haematology: Guidelines for the diagnosis and treatment of cobalamin and folate disorders.		
Subsection	9.1.3 Drugs used in hypoplastic haemolytic, and renal anaemias	
First choice	Darbepoetin alfa Epoetin alfa (biosimilar)	 
Alternatives	Epoetin beta Methoxy polyethylene glycol-epoetin beta ▼	 
General Guidance applicable to all drugs All erythropoietins are RED and are prescribed and supplied by secondary care UK Renal Association, Clinical Practice Guidelines: Anaemia of CKD NICE CG114: Anaemia management in people with chronic kidney disease. NICE TA323: Erythropoiesis-stimulating agents (epoetin and darbepoetin) for treating anaemia in people with cancer having chemotherapy (including review of TA142) MHRA DSU: Recombinant human erythropoietins: new prescribing advice, Dec 2007 <ul style="list-style-type: none"> • Patients with cancer: risk of tumour progression and reduced overall survival • Patients with chronic kidney disease: risk of mortality and cardiovascular morbidity MHRA DSU: recombinant human erythropoietins: treating anaemia in cancer, Aug 2008		



Iron Overload		
First choice	Deferasirox 125 mg, 250 mg, 500 mg tablets Desferrioxamine mesilate 2 g injection	R R
Alternatives	Deferiprone 500 mg tablets	R
General Guidance applicable to all drugs All Iron Overload treatments listed here are commissioned by NHSE.		
Subsection	9.1.4 Drugs used in platelet disorders	
Chronic immune (idiopathic) thrombocytopenic purpura		
	Eltrombopag 25 mg, 50 mg tablets Romiplostim 250 microgram vial	R NICE TA293: Eltrombopag for treating chronic immune (idiopathic) thrombocytopenic purpura (review of technology appraisal 205) R NICE TA221: Romiplostim for the treatment of chronic immune (idiopathic) thrombocytopenic purpura
General Guidance applicable to all drugs On publication of NICE TA293 , NICE discussed the differences in the wording of the above two guidance and the need to ensure clarity: NICE states that the recommendations for eltrombopag and romiplostim are for exactly the same patient population.		
Essential Thrombocythaemia		
First choice	Anagrelide ▼ 500 micrograms capsules	R
Subsection	9.1.6 Drugs used in neutropenia	
First choice	Filgrastim Biosimilar	R
Alternatives	Lenograstim Pegfilgrastim	R R
General Guidance applicable to all drugs MHRA DSU: Filgrastim and pegfilgrastim: risk of potentially life-threatening capillary leak syndrome.		







[Sept 2013](#)


[NICE CG151: Neutropenic sepsis: prevention and management of neutropenic sepsis in cancer patients](#)


BNF chapter	9 Nutrition and Blood	
Section	9.2. Fluids and electrolytes	
Subsection	9.2.1.1 Oral potassium	
Compensation for Potassium loss		
First choice	Sando-K[®] effervescent tablets Potassium bicarbonate and chloride equivalent to potassium 470 mg (12 mmol of K ⁺) and chloride 285 mg (8 mmol of Cl ⁻)	
Alternatives	Kay-Cee-L[®] syrup sugar free Potassium chloride 7.5% (1 mmol/mL each of K ⁺ and Cl ⁻)	
Management of Hyperkalaemia		
First choice	Calcium Resonium[®] powder (Calcium polystyrene sulfonate powder)	
Subsection	9.2.1.2 Oral sodium and water	
Sodium Chloride		
First choice	Sodium Chloride 600mg modified release tablets (Approximately 10 mmol each of Na ⁺ and Cl ⁻)	
Oral Rehydration Therapy		
First choice	Electrolade[®] oral powder sachets	
Alternatives	Dioralyte[®] oral powder sachets	
General Guidance applicable to all drugs		
None		

BNF chapter	9 Nutrition and Blood	
Section	9.4. Oral nutrition	
Subsection	9.4.1. Foods for special diets	
First choice	Dependent on dietetic assessment and in line with "ACBS" recommendations.	The availability / choice of products will also be influenced by GM and CCG policies and the local acute trust product contract.
<p>General Guidance applicable to all</p> <p>Borderline Substances:</p> <p>In certain conditions some foods have characteristics of drugs and the Advisory Committee on Borderline Substances advises as to the circumstances in which such substances may be regarded as drugs. The Advisory Committee's recommendations are detailed in the Drug Tariff and are listed in Part XV – Borderline Substances. Prescriptions issued in accordance with the Committee's advice for the conditions stated and endorsed "ACBS" can be prescribed subject to any local or GM wide policy or guidance.</p> <p>The GMMMG Gluten Free policy is available online.</p>		
Subsection	9.4.2. Enteral nutrition (tube feeds)	
First choice	Dependent on dietetic assessment	The choice of product may be influenced by the local supply contract.
Subsection	9.4.2 Enteral nutrition (sip feeds)	
First choice	First choice product, after consideration / trial of food fortification, should be a powdered, ready to mix supplement	The choice of product may be influenced by the local supply contract.
Alternatives	Ready mixed products should be reserved for second line.	The choice of product may be influenced by the local supply contract.
<p>General Guidance applicable to all</p> <p>NICE QS24: Quality standard for nutrition support in adults.</p> <p>See local policies for management strategies, product choice and level of dietetic input available.</p>		

BNF chapter	9 Nutrition and Blood	
Section	9.5 Minerals	
Subsection	9.5.1 Calcium and magnesium	
	9.5.1.1 Calcium	
First choice	<p>Calcium Carbonate 1.5g chewable tablets (Calcium 600 mg or Ca²⁺ 15 mmol)</p> <p>Calcium Carbonate 1.25g chewable tablets (Calcium 500 mg or Ca²⁺ 12.5 mmol)</p>	
Alternatives	<p>Calcium Carbonate 1.25g effervescent tablets (Calcium 500 mg or Ca²⁺ 12.5 mmol, when dispersed in water)</p>	
	<p>Calcium gluconate 10% injection (Calcium 8.4mg/ml or Ca²⁺ approximately 225 micromol/mL)</p>	<p>For severe, acute hypocalcaemia only. ECG monitoring required.</p> <p>MHRA DSU: Calcium gluconate injection in small-volume glass containers: new contraindications due to aluminium exposure risk, Sept 2010</p>
General Guidance applicable to all drugs		
None		
Hyperparathyroidism		
	<p>Cinacalcet 30mg, 60mg and 90mg tablets</p>	<p> (Primary hyperparathyroidism)</p> <p> (Secondary hyperparathyroidism)</p> <p>NICE TA117: Cinacalcet for the treatment of secondary hyperparathyroidism in patients with end-stage renal disease on maintenance dialysis therapy</p>

	9.5.1.3 Magnesium - hypomagnesaemia	
First choice	Magnesium aspartate dihydrate 6.5 g sachet of powder for oral solution. (Each 6.5 g sachet of powder contains magnesium aspartate dihydrate equivalent to 243 mg (10 mmol) of magnesium.)	Treatment and Maintenance therapy
Alternatives	Magnesium sulfate injection BP 20% (Mg ²⁺ approximately 0.8 mmol/mL) 50% (Mg ²⁺ approximately 2 mmol/mL)	Treatment
	Magnesium Glycerophosphate 4 mmol tablets	Maintenance therapy NICE ESUOM4: Preventing recurrent hypomagnesaemia : oral magnesium glycerophosphate
Additional Notes None		
Section	9.5.2 Phosphorus	
	9.5.2.1 Phosphate supplements	
First choice	Phosphate-Sandoz [®] effervescent tabs (phosphate 16.1 mmol/tablet)	
Alternatives	Phosphates Intravenous infusion (Providing PO ₄ ³⁻ 100 mmol, K ⁺ 19 mmol, and Na ⁺ 162 mmol/litre)	
Subsection	9.5.2.2 Phosphate-binding agents	
First choice	• Calcium acetate 1 g tablets (Calcium 250 mg or Ca ²⁺ 6.2 mmol)	
	• Calcium acetate 667 mg capsules (Calcium 169 mg or Ca ²⁺ 4.2 mmol)	
Alternatives	• Calcium Carbonate 1.25 g chewable tablets (Calcium 500 mg or Ca ²⁺ 12.5 mmol)	
	Sevelamer Carbonate 800 mg tablets	 (NHS England commissioned for adult renal dialysis)
	Lanthanum 500 mg, 750 mg, 1 g tablets	 NTS recommendation:

	<p>Osvaren® tablets (Calcium acetate 435 mg [calcium 110 mg or Ca²⁺ 2.7 mmol], heavy magnesium carbonate 235 mg [magnesium 60 mg])</p>	<p>lanthanum carbonate (superseded as NHS England commissioned for adult renal dialysis)</p> 
<p>General Guidance applicable to all drugs NICE CG157: Hyperphosphataemia in chronic kidney disease: Management of hyperphosphataemia in patients with stage 4 or 5 chronic kidney disease</p>		
Section	9.5.3 Fluoride	
First choice	Fluoride tablets, oral drops, mouthwashes and toothpaste	Dental prescribing only.
<p>General Guidance applicable to all drugs Public Health England (2014) Delivering better oral health: an evidence-based toolkit for prevention</p>		
Section	9.5.4 Zinc	
First choice	Zinc sulfate monohydrate 125 mg effervescent tablets sugar free	
Section	9.5.5 Selenium	
	Selenium (as sodium selenite pentahydrate) oral solution 50 micrograms/mL	
<p>General Guidance applicable to all drugs None</p>		

BNF chapter	9 Nutrition and Blood	
Section	9.6 Vitamins	
Subsection	9.6.2 Vitamin B	
First choice	Thiamine 50 mg, 100 mg tablets	NICE CG100: alcohol use disorders
Alternatives	B vitamins High potency intravenous and intramuscular injection	For severe deficiency states, especially as seen in chronic alcoholism.
	Pyridoxine (vitamin B₆) 10 mg, 20 mg, 50 mg tablets	For pyridoxine deficiency that may occur during isoniazid or penicillamine treatment
<p>General Guidance applicable to all drugs</p> <p>NICE CG32: Nutrition support in adults: Oral nutrition support, enteral tube feeding and parenteral nutrition</p> <p>NICE CG100: Alcohol-use disorders: Diagnosis and clinical management of alcohol-related physical complications</p> <p>MHRA DSU: Pabrinex: allergic reactions, Sept 2007</p> <p>CKS [accessed 12th March 2015] Alcohol – problem drinking; Scenario: Dependence on alcohol</p>		
Subsection	9.6.4 Vitamin D	
First choice	<p>Colecalciferol 20,000 units; 3, 200 units capsules</p> <p>Colecalciferol 800 units capsules or tablets</p> <p>Colecalciferol 25,000 units in oral solution (ampoule)</p>	<p>For the treatment and prevention of vitamin D deficiency</p> <p>Only licensed products should be used.</p> <p>800 units strength are for maintenance only</p>
Alternatives	<p>Ergocalciferol 7.5mg (300,000 units) /mL injection</p> <p>Alfacalcidol</p> <ul style="list-style-type: none"> • Capsules: 250 nanograms, 500 nanograms, 1microgram • Oral drops 2 microgram/mL (1 drop contains approximately 100 nanograms) <p>Calcitriol capsules 250 nanograms, 500 nanograms</p> <p>Healthy Start vitamins – See section 9.6.7</p>	
<p>General Guidance applicable to all drugs</p> <p>The GMMMG NTS group recommends that the vitamin D and bone health clinical guideline for patient management from the National Osteoporosis Society be followed.</p> <p>NTS recommendation: Management of Vitamin D Deficiency, Insufficiency and Maintenance in</p>		

Children

[Recent advice from the Chief Medical Officer](#) (CMO) for England, Wales, Northern Ireland, and Scotland made specific recommendations on vitamin D supplementation in at risk groups

[MHRA DSU: Unlicensed imported vitamin D \(colecalfiferol\) capsules: potential peanut oil and soya oil allergens, March 2012](#)

Subsection	9.6.4 Vitamin D (with calcium)	
First choice	<p>Calcium Carbonate 1.5 g and Colecalciferol 10 micrograms tablets and chewable tablets</p> <p>Calcium Carbonate 750 mg and Colecalciferol 5 micrograms caplets</p> <p>Calcium carbonate 1.25 g and Colecalciferol 10 micrograms chewable tablets</p>	
Alternatives	Calcium phosphate 3.1 g and Colecalciferol 20 micrograms powder	

General Guidance applicable to all drugs

The [GMMMG NTS group \(May 2013\)](#) recommends that the vitamin D and bone health clinical guideline for patient management from the [National Osteoporosis Society](#) be followed.

Subsection	9.6.5 Vitamin E	
First choice	Vitamin E Suspension (alpha tocopheryl acetate) 500 mg/5mL	NICE NG49: Non-alcoholic fatty liver disease (NAFLD): assessment and management

Subsection	9.6.6 Vitamin K	
First choice	<p>Menadiol Phosphate 10 mg tablets</p> <p>Phytomenadione Injection 10 mg/mL</p>	

Subsection	9.6.7 Multivitamin Preparations	
	Healthy Start vitamins	<p>Pregnant women, women with a child under 12 months who are receiving Healthy Start vouchers are entitled to free Healthy Start vitamins.</p> <p>NICE (2014) Vitamin D: increasing supplement use among at-risk</p>

	<p>Renavit[®] tablets</p> <p>Dalivit[®] drops</p> <p>Forceval[®] capsules</p> <p>Pregnacare[®] tablets</p>	<p>groups (PH56)</p> <p>Not available on FP10; NHS Choices advises where patients can be directed to obtain supplies</p> <p>For use in dialysis patients to replace water soluble vitamins lost on dialysis.</p> <p>Preferred route for multivitamins in children should be through the Healthy Start vitamins</p> <p>For use in gastric bypass / BPD*/DS* bariatric surgery on the recommendation of a dietician / specialist. (BPD = biliopancreatic diversion; DS = sleeve gastrectomy with duodenal switch).</p> <p>For use in pregnant post gastric by-pass patients only, if not on Forceval capsules.</p>
<p>General Guidance applicable to all drugs</p> <p>NTS recommendation: Use of unlicensed vitamins, minerals and supplements</p> <p>NTS recommendation: Vitamin and mineral supplements for age-related macular degeneration</p> <p>*(BPD = biliopancreatic diversion; DS = sleeve gastrectomy with duodenal switch).</p>		