

# MEDPASS AT HOME

## What is MedPass?

**MedPass (Medication Pass Nutritional Supplement Program)** is when a person drinks a small amount of an oral nutritional supplement (ONS) several times a day with medications.

### What are the benefits of MedPass?

ONS drinks provide extra nutrition and can help people to gain weight and/or recover from illness. People who need ONS, however, often have a poor appetite and struggle to drink a whole bottle of ONS at once. The MedPass Program means you only need to drink small amounts at a time, so it's easier to reach your nutrition goals.



### How do I start MedPass at home?



Check with your Dietitian or Doctor that you are able to take ONS with your medication.



Start with a refrigerated ONS of choice. When it is time to take your medicine, measure out the volume of ONS suggested by your healthcare professional.



Prepare your medication and use the ONS to help swallow your medication.



Place the ONS drink back in the fridge and drink within 24 hours.

### MedPass tips



Make sure the ONS is nice and cold – this can improve the taste.



Use a measuring cup or spoon to measure out your ONS each time you take your medication, and rinse them out after each use.



Try different flavours of your recommended ONS. Finding a flavour you like will help you stick to the MedPass routine.



If you are on a fluid restriction, you must count the ONS taken with medications toward your fluid limit for the day.



If you don't like the taste, rinse your mouth with water or clean your teeth after taking your ONS.