

ORAL NUTRITION SUPPLEMENT FUND

Information for People Living with Cancer Who Qualify for the SIP-ONS Fund

About the Supportive Intake Program for Oral Nutrition Supplements Fund

During cancer treatment, there are many reasons why it can be hard to eat well. This can result in weight and muscle loss. Losing weight and muscle during cancer treatment can lead to more side effects and a harder time getting through treatment. To prevent this, your healthcare team may suggest using Oral Nutrition Supplements (ONS). ONS can be quite costly, especially when using them for a long time. The Supportive Intake Program for Oral Nutrition Supplements (SIP-ONS) fund pays for ONS so that you can focus on your health.

What Are Oral Nutrition Supplements?

ONS are pre-made drinks that have extra energy, protein, vitamins and minerals. When you are having trouble eating well, ONS can be an easy way to get the nutrients you need.

Examples of ONS products include:

- Ensure Advance
- Ensure Plus
- Ensure Clear
- Boost 2.24
- Boost Carb Smart
- Vital Peptide



Examples of different ONS products

Do I Qualify for the SIP-ONS Fund?


The WRHN Foundation helps to fund this program. Funding is limited and is used to help the people who need it most.

To get support from the fund, you need to meet the following criteria:

- You are followed by an Oncologist (cancer doctor) at WRHN Cancer Centre
- You are getting treatment at a Waterloo Wellington Regional Cancer Program site
- You have trouble meeting your nutritional needs without ONS (Registered Dietitian to assess)
- You are under financial strain (you are having trouble making ends meet)
- You must be actively drinking/using the ONS

Steps to Get Your ONS

When you qualify for the SIP-ONS fund your ONS will be free of charge, and used to support you through cancer treatment.

1	Meet with a Registered Dietitian (RD) for a nutrition assessment. They will ask you questions to see if you qualify for the fund. If so, the RD will provide you with a custom ONS plan. This plan details the type of ONS you need, and how much you should take.
2	The RD will send an order to the Healthcare Centre Pharmacy at WRHN @Midtown . This is the only pharmacy where you can pick up your ONS order.
3	The pharmacy will contact you when the order is ready for pick up. If you have not heard from the pharmacy within 5 business days, call 519-749-4227 to check on the order.
4	<p>Your RD will continue to follow-up with you while you are using the SIP-ONS fund.</p> <p>Before each follow-up with your RD:</p> <ul style="list-style-type: none">◦ Fill out a 3-day food record◦ Fill out Your Symptoms Matter (online or in-person using a kiosk)◦ Think about whether you have had changes to your eating, symptoms, weight, or financial situation. Talk to your RD about this at your next visit. <div data-bbox="1107 1666 1355 1953"></div> <p data-bbox="1075 1966 1374 1995">isaac.ontariohealth.ca</p>

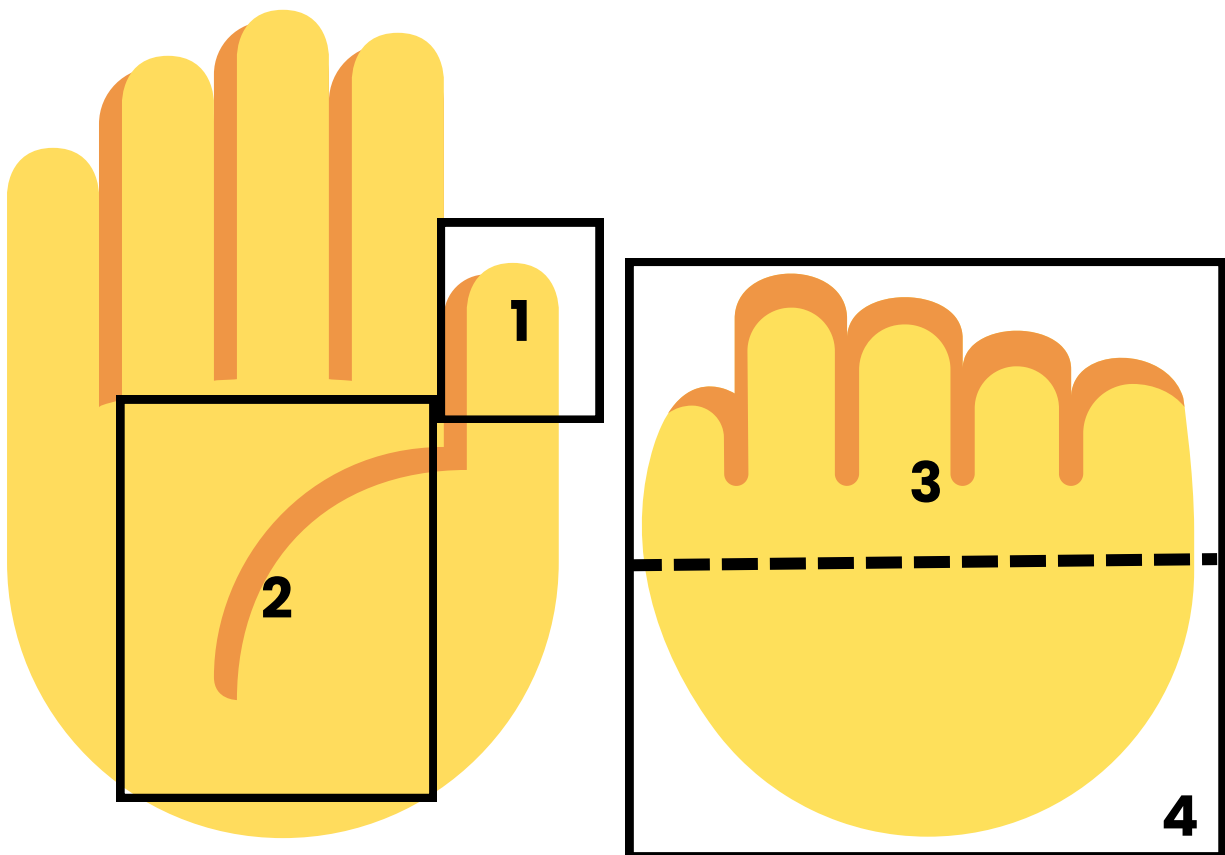
How to Fill Out a Food Record

Record everything you eat and drink for 3 days. It is best to write down each meal and snack after eating. Please add details about:

- Brand names of food products
- How you prepare the food (baked, fried, grilled)
- Estimate your portion sizes as best possible. Use the Handy Food Guide below to help
- Include condiments or anything added to food (like cream, sugar, butter, jam, syrup, sauces, dressings)
- If you eat in a restaurant, list the name and menu item that you ordered
- All drinks (like water, coffee, tea, juice, pop, sparkling water, broth)

Handy Food Guide

1. The tip of your thumb is about 1 tablespoon
2. The palm of your hand is about 3 ounces or 80 grams of meat/fish
3. Half of your fist is about a 1/2 cup
4. Your whole fist is about 1 cup




Food Record

Date: _____

Time of Day	Food/Drink/Portion – add as much detail as possible	% of meal eaten
8am	For Example: <ul style="list-style-type: none"> • Breakfast sandwich (1 English muffin, 1 fried egg, 1 slice cheddar cheese, 1 tbsp butter) • 8oz Tropicana Orange Juice 	100%

Use this resource for your information only. It does not replace medical advice from your doctor or other health care professionals.

 cancerpatiented@wrhn.ca

 cancerwaterloowellington.ca

