

Suppléments nutritifs oraux (SNO)

| | Resource Protein® | Fresubin 2 kcal Fibre® | Fortimel Compact Fibre® | Ensure Plus Advance® | Resource Fruit® |
|----------------|------------------------------------|--------------------------------------|--------------------------------|---|------------------------------|
| | Nestlé 200 ml | Fresenius – Kabi 200 ml | Nutricia 125 ml | Abbott 220 ml | Nestlé 200 ml |
| Arômes | café, chocolat, vanille abricot | citron, cappucino pêche-abricot * | fraise, vanille, cappucino | café, chocolat, vanille, fraise, banane | orange, framboise- cassis |
| Energie (kcal) | 250 | 400 | 300 | 330 | 300 |
| Protéines (g) | 18.8 | 20 | 12 | 20 | 8 |
| Glucides (g) | 28 | 45 | 32 | 37 | 66 |
| Lipides (g) | 7 | 16 | 13 | 11 | 0 |
| Fibres (g) | 0 - <1** | 3 - 0* | 4.5 | 1.7 | 0 |
| Na (mg/mmol) | 160/7 | 120/5.2 | 104/4.5 | 330/14.4 | <42/1.8 |
| K (mg/mmol) | 310/7.9 – 380/9.7** | 320/8.2 | 286/7.3 | 594/15.2 | 126/3.2 |
| P (mg/mmol) | 200/6.4 | 240/7.8 | 218/7 | 260/8.4 | <48/1.6 |
| Eau (ml) | 160 | 139 | 79 | 168 | 124 |

Recommandations :

- Expliquer le but de la prise des suppléments nutritifs oraux (par ex. cicatrisation, maintien du statut nutritionnel)
- Heures conseillées de consommation : après ou entre les repas / Pas de consommation 2h avant les repas.
- Servir de préférence frais et consommer à l'aide d'une paille
- Sans gluten, traces de lactose

(*) Le Fresubin® Pêche-abricot est sans fibres

(**) Ressource Protein® chocolat

Nutrition Entérale (NE)

| | Novasource GI forte® Nestlé 500 ml | Jevity® Abbott 500ml | Promote Fibres Plus® Abbott 500 ml | Impact enteral® Nestlé 500 ml | Survimed OPD HN® Fresenius Kabi 500 ml | Fresubin 2 kcal HP® (fibre) Fresenius Kabi 500 ml |
|---------------------|---|-----------------------------------|---|--|---|--|
| Energie (kcal) | 775 | 535 | 655 | 505 | 665 | 1000 |
| Osmolarité (mosm/l) | 389 | 249 | 305 | 298 | 370 | 395 |
| Protéines (g) | 30 | 20 | 41 | 28 | 34 | 50 |
| glutamine (g) | 7 | 0 | 0 | 5 | 3 | 5 |
| arginine (g) | 1 | 0 | 0 | 6.5 | 1 | 0.4 |
| Glucides (g) | 92 | 70 | 71 | 67 | 92 | 88 |
| Lipides (g) | 30 | 17 | 22 | 14 | 19 | 50 |
| omega-3 (g) | 1 | 0 | 0 | 1.7 | 1 | 2 |
| TCM* (%) | 7 | 20 | 20 | 3 | 10 | 13 |
| Fibres (g) | 11 | 9 | 8 | <5 | 0.4 | 0 |
| Na (mg/mmol) | 600/ 26 | 465 | 500 | 535/24 | 675/30 | 300/13 |
| K (mg/mmol) | 675/ 18 | 785 | 650 | 670/17 | 1300/33 | 850/22 |
| P (mg/mmol) | 375/ 12 | 360 | 425 | 360/12 | 360/115 | 600/19 |
| Mg (mg) | 150 | 110 | 125 | 115 | 150 | 100 |
| Ca (mg) | 400 | 460 | 575 | 400 | 450 | 1025 |
| Zn (mg) | 9 | 5.5 | 8.5 | 7.5 | 9 | 12 |
| Se (ug) | 50 | 27 | 43 | 24 | 50 | 67 |
| Vit C (mg) | 80 | 50 | 100 | 34 | 60 | 67 |
| Vit K (ug) | 55 | 31 | 35 | 34 | 50 | 67 |
| Eau (ml) | 380 | 417 | 397 | 425 | 400 | 355 |

Remarques : sans lactose et sans gluten. *TCM : triglycérides à chaînes moyennes. Osmolarité < 350 mosmol/L : peu d'influence sur la tolérance digestive si administrées selon les bonnes pratiques. Si des médicaments doivent être passés par la sonde ou la stomie, se référer au site de la pharmacie

http://pharmacie.hug-ge.ch/infomedic/utilismedic/tab_couper_ecraser.pdf

Nutrition parentérale (NP)

| | Omegaflex® special | | | Omegaflex® plus | | PeriOlimel® 2.5% | | Aminomix® N1 | Lipofundin MCT/LCT® 20% | | Glucose 20% 40% | |
|------------------------------------|----------------------------------|------|------|-------------------------------------|--|------------------------|------|--------------|-----------------------------|-----|--------------------|------|
| Voie veineuse | Centrale | | | Centrale | | Périphérique | | Centrale | Périphérique ou centrale | | Centrale | |
| Posologie max. (adulte) | 35 ml/kg/j | | | 40 ml/kg/j | | 40 ml/kg/j | | 30 ml/kg/j | 10 ml/kg/j | | | |
| Vitesse de perfusi max.(adulte) | 1.7 ml/kg/h | | | 2 ml/kg/h | | 3 ml/kg/h | | 1.25 ml/kg/h | 0.15 g/kg/h | | | |
| Volume (ml) | 625 | 1250 | 1875 | 2500 | | 1500 | 2000 | 1500 | 100 | 250 | 500 | 500 |
| Eau (ml) | 499 | 998 | 1497 | 2080 | | 1335 | 1780 | 1212 | 86 | 215 | 425 | 375 |
| Energie totale (kcal) | 740 | 1475 | 2215 | 2530 | | 1050 | 1400 | 1500 | 194 | 484 | 400 | 800 |
| Energie non prot (kcal) | 600 | 1195 | 1795 | 2155 | | 900 | 1200 | 1200 | 194 | 484 | 400 | 800 |
| Osmolarité (mosm/l) | 1545 | 1545 | 1545 | 1215 | | 760 | 760 | 1779 | 380 | 380 | 1110 | 2220 |
| Protéines (g) | 35 | 70 | 105 | 96 | | 38 | 51 | 75 | - | - | 0 | 0 |
| Glucides (g) | 90 | 180 | 270 | 300 | | 113 | 150 | 300 | - | - | 100 | 200 |
| Lipides (g) | 25 | 50 | 75 | 100 | | 45 | 60 | - | 21 | 52 | | |
| | LCT 40%, MCT 50%; Omega-3 10% | | | LCT 40%, MCT 50%; Omega-3 10% | | Soja 20%, Olive 80% | | - | LCT 50%, MCT 50% | | - | - |
| Na (mmol) | 34 | 67 | 101 | 100 | | 32 | 42 | 75 | | | | |
| K (mmol) | 24 | 47 | 71 | 70 | | 24 | 32 | 45 | | | | |
| PO4 (mmol) | 10 | 20 | 30 | 30 | | 13 | 17 | 22.5 | | | | |
| Mg (mmol) | 3 | 5 | 8 | 8 | | 3 | 4 | 4.5 | | | | |
| Ca (mmol) | 3 | 5 | 8 | 8 | | 3 | 4 | 3 | | | | |
| Cl (mmol) | 30 | 60 | 90 | 90 | | 36 | 48 | 96 | | | | |
| Acetate (mmol) | 30 | 60 | 90 | 90 | | 41 | 54 | 112.5 | | | | |

- MCT : triglycérides à chaînes moyennes ; LCT : triglycérides à chaînes longues
- Procéder au mélange des trois compartiments et à l'ajout des suppléments vitaminés et éléments trace juste avant l'administration.
- Pour les compatibilités « en Y » des médicaments, consulter le site de la pharmacie:
http://pharmacie.hug-ge.ch/infomedic/utilismedic/omegaflex_admin_adulte.pdf ou contacter l'Assistance pharmaceutique au 31080.

Nutrition Parentérale (NP) : Supplémentations spécifiques

| Addaven® | Composition par ampoule | Cernevit® | Composition par ampoule | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|--|-----------|-------------------------|------|----|----|------|----|---|------|----|---|------|------|---|------|----|---|------|----|-----|------|----|-----|------|---|----|------|---|---|---|-----|----|---|------|----|---|-----|----|---|------|----|----|-----|----|----|-----|----|----|----|----|----|-------|----|----|-----|----|----|----|----|----|-----|----|-----|---|----|
| <ul style="list-style-type: none"> • Indications : apport systématique en oligo-éléments lors de NP • Contre-indications : obstruction biliaire totale ; 1x/ 72h si insuffisance hépatique • Conditionnement : ampoule 10 ml • Osmolalité : 3100 mosm/kg • Posologie : 1 amp/j • Administration : centrale ou périphérique* | <table> <tr><td>Fe</td><td>20</td><td>µmol</td></tr> <tr><td>Zn</td><td>77</td><td>µmol</td></tr> <tr><td>Cu</td><td>6</td><td>µmol</td></tr> <tr><td>Mn</td><td>1</td><td>µmol</td></tr> <tr><td>Iode</td><td>1</td><td>µmol</td></tr> <tr><td>Se</td><td>1</td><td>µmol</td></tr> <tr><td>Mo</td><td>0.2</td><td>µmol</td></tr> <tr><td>Cr</td><td>0.2</td><td>µmol</td></tr> <tr><td>F</td><td>50</td><td>µmol</td></tr> </table> | Fe | 20 | µmol | Zn | 77 | µmol | Cu | 6 | µmol | Mn | 1 | µmol | Iode | 1 | µmol | Se | 1 | µmol | Mo | 0.2 | µmol | Cr | 0.2 | µmol | F | 50 | µmol | <ul style="list-style-type: none"> • Indications : apport systématique en vitamines hydro et liposolubles lors de NP • Contre-indications : hyperparathyroïdie, insuffisance rénale non dialysée • Conditionnement : ampoule sèche • Osmolarité reconstitué 5ml : 1005 mosm/l • Posologie : 1 amp/j • Administration : centrale ou périphérique * | <table> <tr><td>C</td><td>125</td><td>mg</td></tr> <tr><td>A</td><td>3500</td><td>UI</td></tr> <tr><td>D</td><td>220</td><td>UI</td></tr> <tr><td>E</td><td>11.2</td><td>UI</td></tr> <tr><td>B1</td><td>3.5</td><td>mg</td></tr> <tr><td>B2</td><td>4.1</td><td>mg</td></tr> <tr><td>B3</td><td>46</td><td>mg</td></tr> <tr><td>B5</td><td>17.25</td><td>mg</td></tr> <tr><td>B6</td><td>4.5</td><td>mg</td></tr> <tr><td>B8</td><td>69</td><td>µg</td></tr> <tr><td>B9</td><td>0.4</td><td>mg</td></tr> <tr><td>B12</td><td>6</td><td>ug</td></tr> </table> | C | 125 | mg | A | 3500 | UI | D | 220 | UI | E | 11.2 | UI | B1 | 3.5 | mg | B2 | 4.1 | mg | B3 | 46 | mg | B5 | 17.25 | mg | B6 | 4.5 | mg | B8 | 69 | µg | B9 | 0.4 | mg | B12 | 6 | ug |
| Fe | 20 | µmol | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Zn | 77 | µmol | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cu | 6 | µmol | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Mn | 1 | µmol | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Iode | 1 | µmol | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Se | 1 | µmol | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Mo | 0.2 | µmol | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cr | 0.2 | µmol | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| F | 50 | µmol | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| C | 125 | mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| A | 3500 | UI | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| D | 220 | UI | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| E | 11.2 | UI | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| B1 | 3.5 | mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| B2 | 4.1 | mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| B3 | 46 | mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| B5 | 17.25 | mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| B6 | 4.5 | mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| B8 | 69 | µg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| B9 | 0.4 | mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| B12 | 6 | ug | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

| Dipeptiven® | Omegaven® |
|---|--|
| <ul style="list-style-type: none"> • Indications : absence de substrat digestif (support parentéral total), intestin court, maldigestion et/ ou malabsorption sévère • Contre-indications : insuffisance hépatique, insuffisance rénale non dialysée (clearance < 25 ml/min), acidose sévère, pathologie oncologique • Conditionnement : flacon de 100 ml • Osmolarité : 921 mosm/l • Posologie : 1,5 à 2,5 ml/kg/j • Administration : centrale ou périphérique ajouté à la NP* • Composition : L-Alanyl-L-Glutamine 20g = 13.5g de glutamine • Energie : 80 kcal/100 ml | <ul style="list-style-type: none"> • Indications : traumatisme – syndrome inflammatoire • Contre-indications : perturbation du métabolisme des lipides, troubles de la coagulation • Conditionnement : flacon de 100 ml • Osmolarité : 273 mosm/l • Posologie : 1 à 2 ml/kg/j • Administration : centrale ou périphérique ajouté à la NP* • Composition : huile de poisson 10 g EPA: 1,25–2,82 g ; DHA : 1,44–3,09 • Energie : 112 kcal/100 ml |

*Voir modalité d'administration : http://pharmacie.hug-ge.ch/infomedic/utilismedic/omegaflex_admin_adulte.pdf ou Assistance pharmaceutique au 31080