



## Thickening Fluids using Nutilis Clear

### Instructions for thickening drinks

**Step 1** For hot drinks, add milk and sugar if required, and **allow to cool slightly** before adding to Nutilis Clear.



**Step 2** Measure out the required quantity of Nutilis Clear into a cup or glass, using the scoop provided in the tin. Do not allow moisture into the tin.



**Step 3** **Slowly add the drink or liquid** to the thickener, stirring continuously with a fork or whisk. For carbonated drinks, stir well until drink has gone flat before adding Nutilis Clear.



**Step 4** **Stir until the Nutilis clear has completely dissolved.** Leave to stand for 1 minute. If thickening milk allow to stand for 5 minutes.



### What drinks can I thicken?

- Most drinks are suitable for thickening, except those that contain pieces of fruit or vegetable and any other lumps. Your Speech and Language Therapist can advise you on suitable drinks.
- Supplements (e.g. Fortisip and Fortijuice) can be more difficult to thicken, but they are not thick enough on their own for patients who have been advised by the speech and language therapist to have thickened drinks.
- If you need supplements and thickened fluids, please ensure you have been prescribed pre-thickened supplements at the right consistency. Your dietitian can advise you on this.
- Ice cream can melt and become a thinner consistency, therefore is not suitable for all individuals recommended to have thickened fluids. If unsure, discuss with your SLT.

**PLEASE DO NOT LEAVE UNTHICKENED FLUIDS IN REACH OF THE PATIENT/ YOUR RELATIVE UNLESS THEY ARE INDEPENDENT WITH THICKENING THEIR DRINKS.**

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## How thick does the drink need to be?

The speech and language therapist will provide advice on the right thickness / texture to use.

This table explains approximately how many scoops of Nutilis Clear to add to liquids to get different thicknesses and textures\*.

Thickness to aim for:	Description of fluid texture	Scoops of Nutilis required per small glass / cup liquid* (200ml)
<b>Level 1 Slightly thick</b>	<ul style="list-style-type: none"><li>• Thicker than water</li><li>• Requires a little more effort to drink than thin liquids</li><li>• Can flow through a straw if advised</li></ul>	1
<b>Level 2 Mildly thick</b>	<ul style="list-style-type: none"><li>• Can be drunk from a cup if advised or preferred</li><li>• Pours quickly off a spoon</li></ul>	2
<b>Level 3 Moderately thick</b>	<ul style="list-style-type: none"><li>• Can be drunk from a cup</li><li>• Can be taken with a spoon</li><li>• Easily pours from a spoon when tilted</li></ul>	3
<b>Level 4 Extremely thick</b>	<ul style="list-style-type: none"><li>• Cannot be drunk from a cup</li><li>• Needs to be taken with a spoon</li><li>• Falls off a spoon if tilted and holds its shape</li></ul>	7

\* The amount of Nutilis Clear used may vary slightly, depending on temperature or thickness needed.

**Recommended consistency is \_\_\_\_\_ Date \_\_\_\_\_**



Try to drink at least 8 - 10 cups of fluids a day

Your dietician can give advice on helping you to drink more.

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