

Pureed Diet (Level 4) Information for Patients/Carers

The Speech and Language Therapist (SLT) has assessed you / your relative because of a swallowing problem. A pureed diet has been recommended as this is one of the easiest textures to swallow.

This diet requires no chewing. It is a thick, smooth, uniform consistency. It should be blended (pureed) or sieved to remove particles/lumps.

Food that **should not** be given on a pureed diet:

Food that has lumps in it and requires chewing (e.g. mashed potato if it is not smooth)

If a patient is on thickened fluids, please **do not give jelly and ice-cream**.

A pureed diet should be:

- Thick enough to **hold its shape**
- Moist enough to **slide off a spoon**

If the pureed diet is too dry, alter the consistency with a small amount of gravy/sauce and make sure this is completely absorbed.

For more information please contact Speech and Language Therapy on 0121 424 0432.

Our commitment to confidentiality

We keep personal and clinical information about you to ensure you receive appropriate care and treatment. Everyone working in the NHS has a legal duty to keep information about you confidential.

We will share information with other parts of the NHS to support your healthcare needs, and we will inform your GP of your progress unless you ask us not to. If we need to share information that identifies you with other organisations we will ask for your consent. You can help us by pointing out any information in your records which is wrong or needs updating.

Additional Sources of Information:

Go online and view NHS Choices website for more information about a wide range of health topics <http://www.nhs.uk/Pages/HomePage.aspx>

You may want to visit one of our Health Information Centres located in:

- Main Entrance at Birmingham Heartlands Hospital Tel: 0121 424 2280
 - Treatment Centre at Good Hope Hospital Tel: 0121 424 9946
 - Clinic Entrance Solihull Hospital Tel: 0121 424 5616
- or contact us by email: healthinfo.centre@heartofengland.nhs.uk.

Information for Patients

Dear Patient

We welcome your views on what you thought of this patient information leaflet, also any suggestions on how you feel we can improve through our feedback link below:

- Patient Information Feedback email:
patientinformationleafletfeedback@heartofengland.nhs.uk

If you wish to make any other comments this can be done through the links listed below:

- Patient Opinion: www.patientopinion.org.uk
- I want great care: www.iwantgreatcare.org (Here you can leave feedback about your doctor)

Be helpful and respectful: think about what people might want to know about our patient information and this hospital and how your experiences might benefit others. Remember your words must be polite and respectful, and you cannot name individuals on the sites.

If you have any questions you may want to ask about your condition or your treatment or if there is anything you do not understand and you wish to know more about please write them down and your doctor will be more than happy to try and answer them for you.