

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.

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

How thick does the drink need to be?

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

Information for Patients

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)
Level 1 Slightly thick	<ul style="list-style-type: none">• Thicker than water• Requires a little more effort to drink than thin liquids• Can flow through a straw if advised	1
Level 2 Mildly thick	<ul style="list-style-type: none">• Can be drunk from a cup if advised or preferred• Pours quickly off a spoon	2
Level 3 Moderately thick	<ul style="list-style-type: none">• Can be drunk from a cup• Can be taken with a spoon• Easily pours from a spoon when tilted	3
Level 4 Extremely thick	<ul style="list-style-type: none">• Cannot be drunk from a cup• Needs to be taken with a spoon• Falls off a spoon if tilted and holds its shape	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.

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.

Information for Patients

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.

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.