

# NUTILIS CLEAR FOOD & DRINK GUIDELINES



Patient Name: \_\_\_\_\_

Date: \_\_\_\_\_

Fluid Consistency: \_\_\_\_\_

	Fluid Consistency		Food	
	LEVEL 4 Extremely Thick			
	Water/Fruit Juice	Tea/Coffee	Milk	Supplements
		 Add any sugar & milk first and allow to cool slightly before thickening		Please seek guidance from your Speech and Language Therapist
Scoops of Nutrilis Clear required per 200ml*	7 scoops	7 scoops	7 scoops	Recommended oral nutritional supplement
Patient must be upright and alert when eating Do not add additional Nutrilis Clear during standing time <b>Please turn over page for thickening guidelines</b>				

Please contact \_\_\_\_\_, Speech and Language Therapist, bleep \_\_\_\_\_ if you have any questions or signs of aspiration are observed.

These guidelines were developed by the Nutricia Dietetic Team with input from Speech and Language Therapists. They have been tested to achieve the consistencies outlined in the International Dysphagia Diet Standardisation Initiative. The information is provided on the basis of guidance only, and does not constitute professional advice and should not be relied upon as such. Please consult your Speech and Language Therapist for further guidance.

\*Due to the differences in the nutritional composition of drinks, standing times may vary.



# NUTILIS CLEAR SWALLOW GUIDELINES



## HOW DO YOU USE NUTILIS CLEAR?

Nutilis Clear can be mixed using a fork or whisk. The powder may be added to the glass before adding the liquid, or you can add the powder after the liquid has been added to the glass.

### THE RECOMMENDED METHOD IS:

#### Using a fork:

1. Put the required amount of Nutilis Clear into a cup or glass
2. Add 200ml of the drink or liquid to the powder
3. Stir vigorously with a fork for 30-60 seconds
4. Leave to stand until desired consistency is reached
5. Stir gently for 5 seconds and serve.

Using Nutilis Clear correctly will mean that the food and drinks you thicken will maintain their flavour, appearance and consistency.

**For guidance only.** The quantity of Nutilis Clear used may vary slightly depending on temperature of thickness of the liquid and viscosity required.

## ADDITIONAL TIPS

### GENERAL TIPS FOR USAGE:

Use only the scoop provided in the tin. Add all the powder at once. Start stirring as soon as possible. Stir quickly, Stop stirring as soon as the powder has dissolved to prevent air bubbles forming in the drink.

### MIXING HOT DRINKS (TEMPERATURE >60°C):

Allow hot drinks to cool slightly before adding Nutilis Clear. If thickening tea or coffee, always add the milk and sugar to the drink before adding the powder.

### MIXING CARBONATED DRINKS:

For best results, stir carbonated drinks until the drink has gone flat, prior to adding the powder.

### MIXING WATER:

The clarity of thickened water may differ depending on regional variations in water 'hardness'.

**For further information call the Patient & Carer Helpline on 03457 623653.**

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