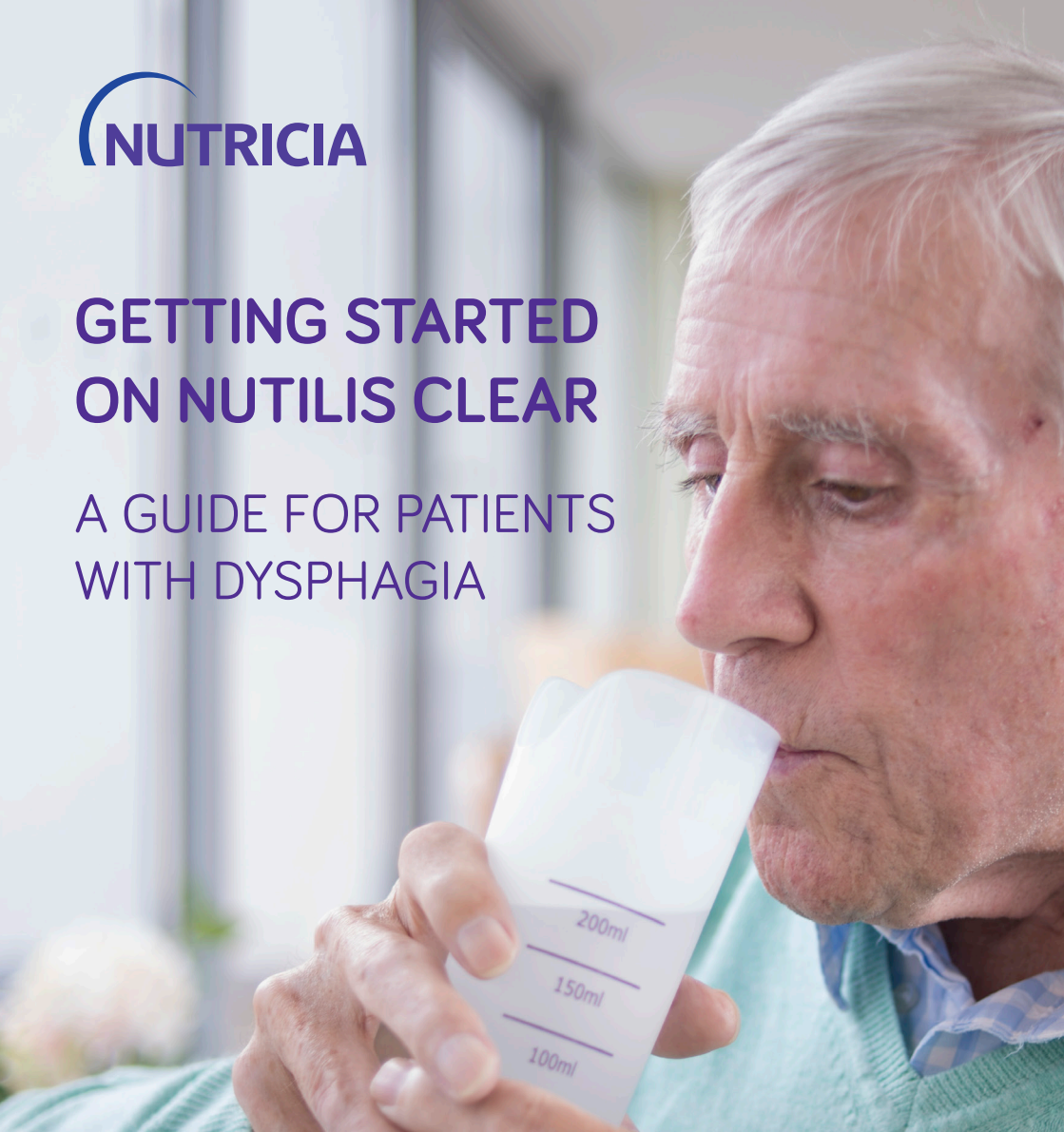




GETTING STARTED ON NUTILIS CLEAR

A GUIDE FOR PATIENTS WITH DYSPHAGIA



This information is intended for patients, and carers, who have been prescribed Nutilis Clear by a healthcare professional.

Accurate at time of publication: February 2023.

Nutilis Clear is a Food for Special Medical Purposes for the dietary management of dysphagia and must be used under medical supervision.



WHY HAVE I BEEN PRESCRIBED A THICKENING POWDER?

It has been identified that you have difficulties when swallowing, which is called “dysphagia”. If dysphagia is not properly managed you may have a number of problems. In particular, there is a risk of drinks or food “going down the wrong way” into your lungs. This can lead to increased anxiety at mealtimes, loss of enjoyment when eating or drinking, or even chest infections or pneumonia.

One way to manage your swallowing difficulties is to thicken drinks and food to the level your Speech and Language Therapist (SLT) has recommended. You may find it easier and safer to take thicker fluids than thin fluids, as they are easier to control in the mouth. To help you do this, a thickening powder called Nutilis Clear has been prescribed.

Your Speech and Language Therapist, Doctor or other healthcare professional can explain your swallowing difficulties to you in more detail.

The advice provided above does not replace that of your healthcare professional. Individual needs will vary so please refer to your healthcare professional if you are unsure.

WHAT IS NUTILIS CLEAR?

Nutilis Clear is a food and fluid thickening powder designed to maintain the normal appearance of clear liquids and drinks. The powder comes in 175g re-sealable tins with a 1.25g measuring scoop.

Nutilis Clear is gluten and lactose free, and is suitable for vegetarians and vegans. Once a tin is opened, it should be stored in a cool, dry place and used within two months.

Nutilis Clear is designed to mix easily with fluids and puréed foods, and can be added to hot or cold drinks. Thickened food and drinks can be chilled, frozen or reheated.

Nutilis Clear is available through recommendation from your healthcare professional.

Nutilis Clear must always be used appropriately and stored safely. Nutilis Clear must not be left within reach of patients who may be unable to use the product safely.



HOW DO I USE NUTILIS CLEAR?

For best results, Nutilis Clear can be mixed using a fork or whisk. It is recommended to first place the powder all at once in the glass or cup and then add the liquid, but it is also possible to add the powder second, after the liquid.

1. Put the correct amount of Nutilis Clear into a clean, dry cup or glass. Your speech and language therapist will tell you what the correct amount is for you
2. Add 200ml of the drink or liquid to the powder (use a measuring jug to measure 200ml)
3. Stir vigorously for 30 - 60 seconds
4. Leave to stand until the drink has reached the desired consistency
5. Stir gently for 5 seconds and serve.

NUMBER OF SCOOPS REQUIRED FOR THICKENING* (1 SCOOP = 1.25G)

	Level 1 Slightly thick	Level 2 Mildly thick	Level 3 Moderately thick	Level 4 Extremely thick
Scoops required for fluids per 200ml	1 scoop	2 scoops	3 scoops	7 scoops

*The quantity of Nutilis Clear used may vary slightly depending on temperature or thickness of liquid and viscosity required.

For more information please visit nutricia.ie.

THE DIFFERENT LEVELS OF THICKENING

Thickened fluids help slow the liquid when entering the back of the throat. This allows time to help the swallowing to be triggered with enough time to protect the airway. Thin (Level 0) fluids are more difficult to control and will flow with gravity meaning these can slip down the throat too quickly, ending up in the lungs.

LEVEL 1: SLIGHTLY THICK

- Thicker than water
- Requires a little more effort to drink than thin liquid
- Flows through a straw, syringe, teat/nipple.

LEVEL 2: MILDLY THICK

- Flows off a spoon
- Sippable, pours quickly from a spoon, but slower than thin drinks
- Effort is required to drink this thickness through a standard bore straw.

LEVEL 3: MODERATELY THICK

- Can be drunk from a cup
- Some effort is required to suck through a standard bore or wide bore straw
- Cannot be piped, layered, or moulded on a plate.

LEVEL 4: EXTREMELY THICK

- Usually eaten with a spoon (a fork is possible)
- Cannot be drunk from a cup
- Cannot be sucked through a straw.



The guidelines for thickening fluids are in accordance with the International Dysphagia Diet Standardisation Initiative (IDDSI).

GETTING THE MOST OUT OF NUTILIS CLEAR

Using Nutilis Clear correctly will mean that the food and drinks that you thicken will maintain their flavour and appearance. It is recommended to prepare the food or drink per serving and use within two hours.

GENERAL TIPS FOR USAGE:

- Use only the 1.25g scoop provided in the tin
- Add all the powder at once
- To avoid lumps, stir or shake as soon as the liquid and powder are combined
- To prevent air bubbles, stop stirring or shaking as soon as the powder has dissolved
- If using a shaker, always make sure the shaker lid is secure
- Shakers are not necessary for mixing; forks work equally as well
- Milk-based drinks and some juices will take longer to thicken than water. Please leave milk and juices to stand for 10 minutes or until the desired consistency has been reached
- Don't add thickener to a drink that has already been thickened.

THICKENING HOT DRINKS:

- Allow the drink 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
- For safety reasons, **do not** use a shaker when thickening hot drinks.



THICKENING COLD DRINKS:

- The clarity of thickened water may differ, depending on regional variations in water 'hardness'.
- To help improve clarity, the use of bottled or filtered water is recommended.

THICKENING CARBONATED (FIZZY) DRINKS:

Fizzy Drinks can be thickened with Nutilis Clear. It's important to ensure that the thickener is well incorporated into your drink, and to avoid having a layer of "fizz" on top. Tips for thickening fizzy drinks:

- A slow and steady pour helps avoid the formation of too many air bubbles/"fizz".
- Allow any foam to settle before thickening.
- You may wish to use a larger volume cup/jug to thicken fizzy drinks. Do not use a shaker to thicken fizzy drinks.
- Add Nutilis Clear to the glass first, and gently pour in 200ml of your chosen fizzy drink.
- Allow sufficient stand time to achieve the desired consistency. This may take a little longer than other drinks, for example water.
- Always check the consistency before consuming.
- Stir before serving.
- Some people may find it easier to stir out some of the gas/bubbles before thickening fizzy drinks. Stir for about 15 seconds to release some of the bubbles before adding the powder.

The above information is for guidance only. Speak to your Healthcare Professional for further support.



HOW TO ENSURE YOU RECEIVE A CONTINUED SUPPLY OF NUTILIS CLEAR

If you have been discharged from hospital on Nutilis Clear a letter should be sent to your GP requesting a prescription.

It is important for the prescription of Nutilis Clear to be obtained to ensure the continued supply of your thickening powder.

You should also continue to use your thickening powder until you are advised to stop by your healthcare professional.

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Clear

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