



# Nutilis Clear – A transparent fluid and food thickener

Hospital/Nursing Home:

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## 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 the drink or liquid to the powder.
3. Stir vigorously with a fork for 15-30 seconds.
4. Leave to stand for a minute or 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 or thickness of the liquid and viscosity required.

## Which consistency for which patient?

A Speech and Language Therapist will advise the recommended consistency for a patient.

Number of scoops required for each thickness stage (based on 200ml liquid)

Irish Consistency Descriptors set by the IASLT and INDI in November 2009				
	Grade 1 Very mildly thick	Grade 2 Mildly thick	Grade 3 Moderately thick	Grade 4 Extremely thick
<i>Also known as</i>	<i>Naturally thick fluids</i>	<i>Syrup</i>	<i>Custard</i>	<i>Pudding</i>
200ml drinks (water, coffee, tea, juice, etc)	½	1	2	3
Milk*	1	1½	2	3
Pre-thickened supplements	Fortisip Compact Fibre	Nutilis Complete Stage 1	Forticreme Complete	Nutilis Fruit Stage 3 / Forticreme Complete

Alternatively, your Speech and Language Therapist can cross out the table above and complete this table for your specific needs:

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<i>Also known as</i>	<i>Naturally thick fluids</i>	<i>Syrup</i>	<i>Custard</i>	<i>Pudding</i>
Regular fluids	½	1	2	3
Hot drinks				
Milk*				
Supplements:				

\*Please note: Due to the nutritional composition of milk standing time may vary.

## 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, please contact our customer care team on Freephone (ROI) 1800 923 404

Visit our website

[www.Dysphagia.ie](http://www.Dysphagia.ie)



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