

Nutlis Clear Prescribing Guide



Nutlis Clear is a transparent fluid and food thickener, with a unique formulation with amylase resistant features, which helps to support a safer swallow by maintaining correct consistency in the mouth.

The table below can help clinicians determine the amount of Nutlis Clear required by patients over a certain time period. The amount of Nutlis Clear needed will depend on the daily fluid intake, as well as the fluid consistency patients require. Fluid requirements and intake are dependent on a number of factors and should be determined by a clinician, Dietitian or Speech and Language Therapist.

Additionally, patients may require Nutlis Clear for use with food intake, which should be considered when prescribing Nutlis Clear.

Although the amounts shown below are based on the National Descriptors for Texture Modification in Adults¹, in clinical practice a wide variation of recommendations for fluid consistencies are present. It is recommended, therefore, that the prescriber is guided by the requesting clinician when prescribing Nutlis Clear.

The quantity of Nutlis Clear required may vary slightly depending on the type, temperature or thickness of the liquid.

Note: 1 tin = 175g. 1 scoop = 3g. Calculations based on 1 scoop/200ml (Stage 1), 2 scoops/200ml (Stage 2), 3 scoops/200ml (Stage 3).

Approximate amount of Nutlis Clear required per time period [#]							
Daily fluid intake	Time period*	Stage 1 ¹ (syrup consistency)		Stage 2 ¹ (custard consistency)		Stage 3 ¹ (pudding consistency)	
		g	tins	g	tins	g	tins
500ml	per week	53	1	105	1	158	1
	per month	210	2	420	3	630	4
1000ml	per week	105	1	210	2	315	2
	per month	420	3	840	5	1260	8
1500ml	per week	158	1	315	2	473	3
	per month	630	4	1260	8	1890	11
2000ml	per week	210	2	420	3	630	4
	per month	840	5	1680	10	2520	15
2500ml	per week	263	2	525	3	788	5
	per month	1050	6	2100	12	3150	18

[#] To be used as a general guide only. Based on the recommended usage of Nutlis Clear and the National Descriptors for Texture Modification in Adults¹.

* 1 month = 28 days.

Reference: 1. British Dietetic Association/Royal College of Speech and Language Therapists. National Descriptors for Texture Modification in Adults, 2002.

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