



Tear off and give to your GP so they can continue to prescribe Thick & Easy™ Clear

Patient information

To be completed by your healthcare provider prior to discharge

Patient name:

Date:

Speech and Language Therapist

Name:

Contact number:

Email address:

Dietitian

Name:

Contact number:

Email address:

Your guide to Drinking with Dysphagia

Patient information

To be completed by your healthcare provider prior to discharge

Duration of treatment	
Months:	Weeks:
Date of next assessment:	

The patient has been recommended to have the following level of thickened drinks (please tick):

Level 1* - slightly thick	<input type="checkbox"/>
Level 2* - mildly thick	<input type="checkbox"/>
Level 3* - moderately thick	<input type="checkbox"/>
Level 4* - extremely thick	<input type="checkbox"/>

Please see table below indicating how many tins of Thick & Easy Clear per month are required.

Number of Thick & Easy Clear tins (126g) required per month (28 days) based on average adult fluid requirements¹ (approximately 6-10 250ml cups)

Daily fluid intake	Level 1* 1 scoop per 200ml	Level 2* 2 scoops per 200ml	Level 3* 3 scoops per 200ml	Level 4* 6 scoops per 200ml
1000 ml	2	3	5	9
1600 ml	2	5	7	15
2000 ml	3	6	9	19
2400 ml	4	7	11	22

¹IDDSI Framework for texture modification in adults

Personal information

Please keep this section for your own records

Name:
Date:

Speech and Language Therapist	Duration of treatment
Name:	Months: Weeks:
Contact number:	Date of next assessment:
Email address:	

Dietitian	Duration of treatment
Name:	Months: Weeks:
Contact number:	Date of next assessment:
Email address:	

You have been recommended to have the following level of thickened drinks (please tick):

Level 1* - slightly thick	<input type="checkbox"/>
Level 2* - mildly thick	<input type="checkbox"/>
Level 3* - moderately thick	<input type="checkbox"/>
Level 4* - extremely thick	<input type="checkbox"/>

Please see table below indicating how many scoops of Thick & Easy™ Clear per day are required.

Number of Thick & Easy Clear scoops required per day

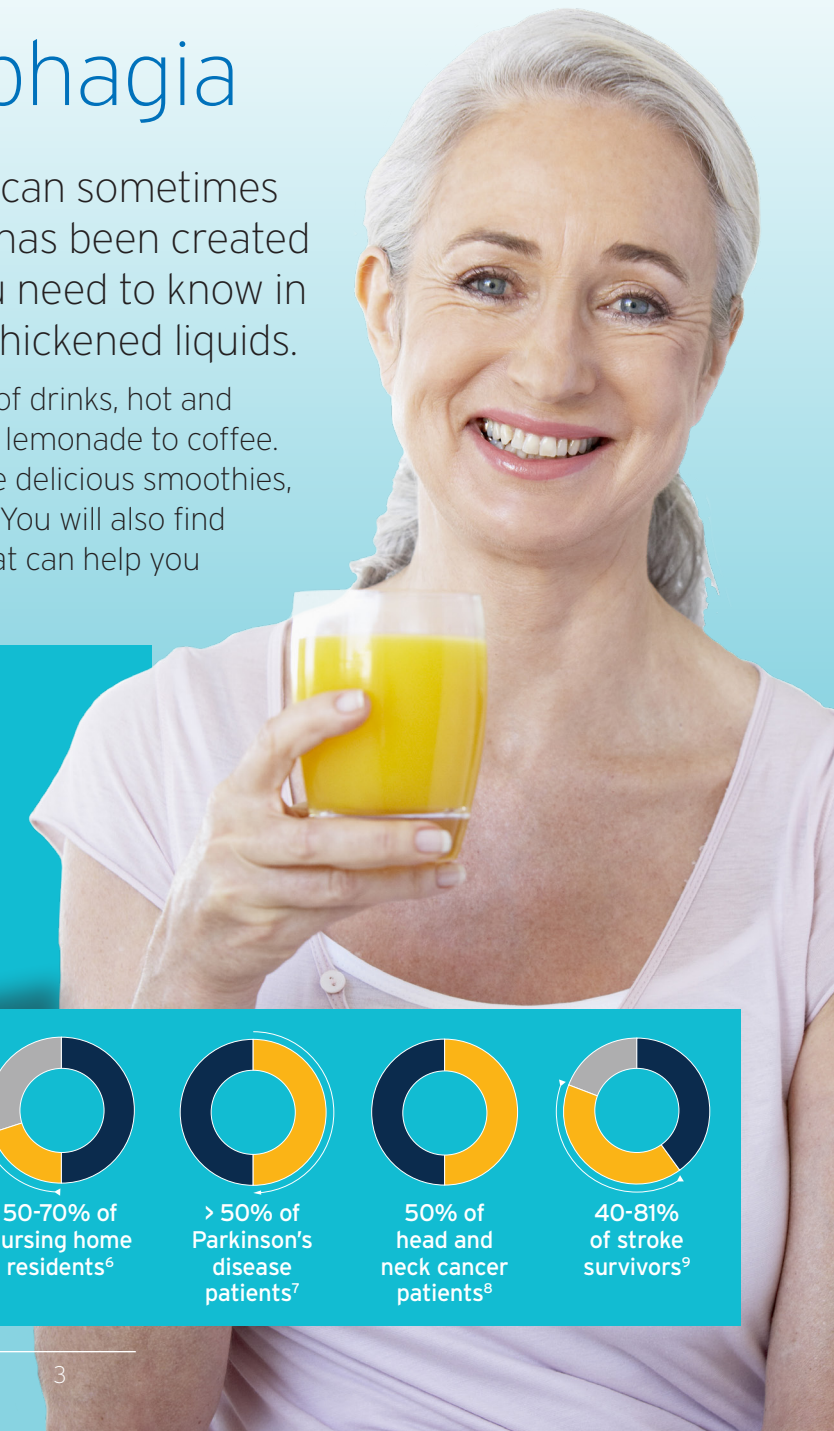
Daily fluid intake	Level 1* 1 scoop per 200ml	Level 2* 2 scoops per 200ml	Level 3* 3 scoops per 200ml	Level 4* 6 scoops per 200ml
1000 ml	5	10	15	30
1600 ml	8	16	24	48
2000 ml	10	20	30	60
2400 ml	12	24	36	72

¹IDDSI Framework for texture modification in adults

Living with dysphagia

Being diagnosed with dysphagia can sometimes feel overwhelming. This booklet has been created to help you understand what you need to know in terms of keeping hydrated with thickened liquids.

Thickeners can be used to thicken all kinds of drinks, hot and cold, sweet and savoury, from soup to wine, lemonade to coffee. You can even use thickeners to create some delicious smoothies, visit www.dysphagia.org.uk for inspiration! You will also find some really useful tips such as exercises that can help you strengthen your swallow.

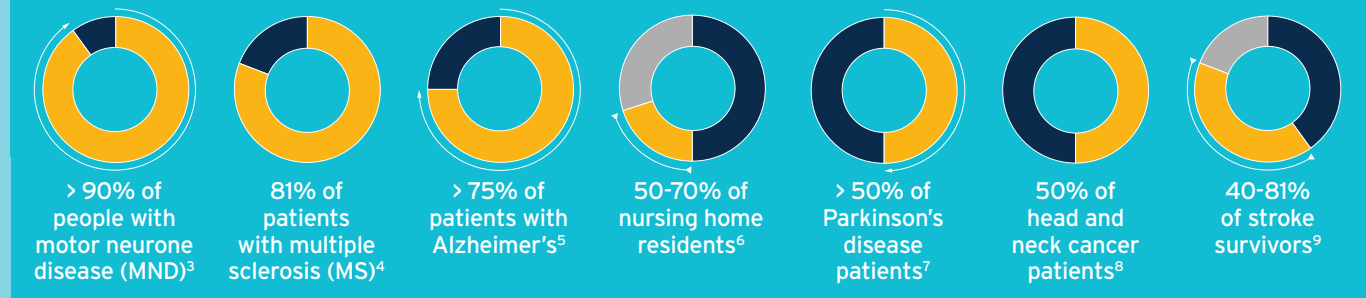


What is dysphagia?

Dysphagia describes any difficulty or pain in eating, drinking or swallowing and affects people with a range of conditions.²

Dysphagia has many causes and it is important that you follow the advice of your healthcare professional to manage it safely and reduce the risk of malnutrition, dehydration and choking.

It affects more people than you think:



Thickeners

How could a thickener help me to stay hydrated?

Thickeners are used to modify the consistency of drinks, helping people with dysphagia to control the way they swallow. They give everyday food a thicker consistency; making meals, snacks and drinks easier and safer to enjoy.

There are various levels of thickness that a liquid can be mixed to, your Speech and Language Therapist (SLT) or Dietitian will have indicated (on the inside front cover of this booklet) which level of thickness is recommended for you.

Your SLT or Dietitian has recommended you mix your drinks with Thick & Easy Clear thickener.



How to use Thick & Easy Clear

Thick & Easy Clear helps you to enjoy a varied and nutritious diet. It's a quick and simple way to make everyday food and drinks easier and safer to swallow, and therefore helps you reduce the risk of dehydration. Thick & Easy Clear can be added to all hot and cold liquids.

STEP 1
Measure level scoop of thickener and add to empty glass

STEP 2
Measure the desired amount of liquid.

STEP 3
Add liquid quickly while stirring briskly with a whisk or fork, until dissolved.

To watch Walter Waterman's guide to mixing liquids with Thick & Easy Clear visit www.dysphagia.org.uk/information-and-support/

Thickening larger quantities

Thick & Easy Clear can be mixed into liquids using a food processor or blender. Keep liquid refrigerated until ready to use.

To aid palatability, you may need to prepare drinks weaker than normal, and some drinks may take longer to reach the consistency. For example milky drinks: Add the required number of scoops of Thick & Easy Clear into a dry cup, pour in the milk and whisk briskly for 30 seconds, then leave to stand for 5 minutes.

Thick & Easy Clear can be used to thicken fruit juice, coffee, tea, alcoholic drinks, meat stock or any other liquid.

All drinks can be prepared in advance and refrigerated until required.



Thick & Easy Clear

Thick & Easy Clear is designed to thicken foods and fluids for patients who have difficulty swallowing. It is used to help people with dysphagia to swallow safely.

Thick & Easy Clear:

- Encourages fluid intake, thus reducing the risk of dehydration
- Doesn't alter the natural appearance, taste or texture of drinks¹⁰
- Lessens the fear of swallowing

Tips and tricks

When managing your dysphagia from home, there are ways that you can help yourself to get the nutrition and hydration you need while also minimising the risks associated with dysphagia.



Always make sure that you **sit upright in a 90-degree position** to eat and drink. If you can, it is best to eat all meals at a table to ensure the right posture and less slouching.



Always make sure to **set aside some time to eat your meal**. Rushing through a meal can increase the risk of choking and aspiration (when food or liquid makes its way into the lungs).



Take small, manageable bites of food.



Take small sips of water while eating to help with swallowing but **never take large gulps**. If you are drinking too much while eating, this can also make you feel full before you have eaten enough of a meal.



Make sure to **chew foods thoroughly** and that your mouth is clear before taking another bite.



Don't talk with food in your mouth; not only is it unpleasant for those around you, but it can also increase the risk of choking.



Try to **sit upright for at least 30 minutes** after you finish a meal to ensure that food goes down correctly.

Helping patients to stay hydrated

Fresenius Kabi are sponsors of Hydration Angels.

Together we're helping to hydrate the nation.

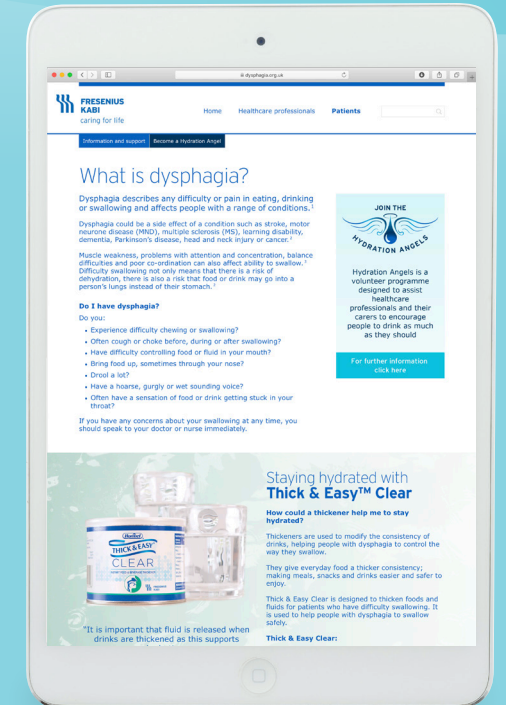
To find out more about becoming a Hydration Angel, visit www.whatwemadef.org



Find out more about dysphagia

For expert information, advice, case studies and the latest developments in clinical dysphagia research, visit www.dysphagia.org.uk - the online resource for HCPs, carers and patients with dysphagia.

Alternatively, call Fresenius Kabi on **01928 533 516** or email scientific-affairs.uk@fresenius-kabi.co.uk



References:

1. EFSA 2018. Scientific Opinion on Dietary Reference Values for Water. EFSA Journal. 2010; 8(3): 1459-1507. Available from: <https://www.efsa.europa.eu/en/efsajournal/pub/1459>. Date accessed: December 2017v
2. National Institute for Health and Care Excellence (NICE), Nutrition support for adults: oral nutrition support, enteral tube feeding and parenteral nutrition: NICE Guideline [CG32]. 2017. Available from: <https://www.nice.org.uk/guidance/cg32>. Date accessed December 2017
3. Royal College of Speech and Language Therapists (RCSLT). RCSLT resource manual for commissioning and planning services for SLCN, Dysphagia. Available from: https://www.rcslt.org/speech_and_language_therapy/commissioning/dysphagia_manual_072014 [Accessed 1st May 2015]
4. Guan, XL., Wang, H., Huang, HS. et al. Prevalence of dysphagia in multiple sclerosis: a systematic review and meta-analysis. *Neurol Sci.* 2015; 36:671. <https://doi.org/10.1007/s10072-015-2067-7>
5. Allnurses. Thickened Liquids with dysphagia (part1). Available from: <http://allnurses.com/rehabilitation-nursing/thickened-liquidswith-761525.html> [Accessed 15th May 2015]
6. O'Loughlin G., Shanley C. Swallowing problems in the nursing home: A novel training response. *Dysphagia.* 1998; 13:172-183
7. NHS London. Oral Nutritional Support Toolkit. 2012. Available from: https://www.networks.nhs.uk/nhsnetworks/ahp-networks/ahp-qipptoolkits/AHP_ONS_Pathway_final.pdf/view. [Accessed 1st May 2015]
8. Garcia-Peris P., Paron L., Velasco C. et al. Long-term prevalence of oropharyngeal dysphagia in head and neck cancer patients: Impact on quality of life. *Clin Nutr.* 2007; 26(6):710-7. Available from: <https://www.ncbi.nlm.nih.gov/pubmed/17954003> [Accessed 1st May 2015]
9. Martino R., Foley N., Bhogal S., et al. Dysphagia After Stroke Incidence, Diagnosis, and Pulmonary Complications. *Stroke.* 2005; 36(12):2756-2763 Available from: <https://www.ncbi.nlm.nih.gov/pubmed/16269630> [Accessed 1st May 2015]
10. Fresenius Kabi data on file - Thick & Easy Clear - Acceptability Study Report Sept 2014. Date accessed: November 2017

© Fresenius Kabi Ltd. Thick & Easy is a trademark of Hormel Health Labs. Fresenius Kabi is an authorised user.
Job code: EN1837. Date of Preparation: June 2020



**FRESENIUS
KABI**

caring for life

Distributor: Fresenius Kabi Limited,
Cestrian Court, Eastgate Way, Manor Park,
Runcorn, Cheshire, WA7 1NT.
Tel: 01928 533 533
www.fresenius-kabi.com/gb