

Thickening medication with Thick & Easy™ and Thick & Easy™ Clear

As general advice for thickening medication;

- Always check first with your pharmacist / drug manufacturer that the medication can be mixed with a food and drink thickener. Taking medication with thickened fluids may alter the bioavailability of the medication.
- It may be easier to use Thick & Easy™, which is a starch based thickener, as you will be able to add more thickener if required.
- Mix the thickener with water to the correct consistency, as advised by your Speech and Language Therapist (instructions on how to achieve the different consistencies are printed on the label).
- Add the medication in a liquid/syrup form or if appropriate crushed tablets to a fine powder.
- Additional thickener may be needed if the consistency changes.
- Administer orally as prescribed.

For general advice regarding laxatives;

- Laxatives and thickeners tend to oppose each other due to their different modes of action and this can make thickening difficult.
- Gum based thickeners (e.g. Thick & Easy™ Clear) tend to be more successful than starch based thickeners when thickening osmotic laxatives.
- The laxative will significantly increase the time required to thicken, therefore it is important to ensure the solution has finished thickening before it is given to the patient.
- Try making up the laxative as directed and then add this solution to a dry cup containing the thickener powder. Alternatively place both powders together (laxative and thickener) into a dry cup and then add the water.
- Using hot water is effective at reducing the thickening time required.