**Safety alert for thickening drinks**

This message has 2 main points:-

1. To ensure that tins of thickener are not left within reach of patients who are vulnerable, as ingestion of the dry powder is a **choking risk**.
2. To update that new tins now have a small **purple** (no longer green) scoop for measuring thickener.

**Thickened Drinks - for Patients with Swallowing Impairments**

**Safety:-**

* Keep the tin out of reach of patients who are vulnerable and at risk of ingesting and choking on the dry powder, such as those with cognitive impairment (e.g. confusion, impulsive behaviour, perceptual difficulties).
* The risk for these patients may be increased if they are also drowsy or visually impaired.
* Keep the tin out of reach of children.

**How to achieve the *correct* consistency with Nutilis Clear**

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**New Mixing Instructions for Nutilis Clear to the correct IDDSI thickness LEVEL:-**

* **FIRST** measure exactly 200 ml of liquid in total.
* Then add the required number of **flat purple scoops** of Nutilis Clear powder.
* Stir with a fork or Shake immediately using the measuring Shaker (with purple lid).
* **Wait** (at least **1 minute**, or up to **10 mins** for milk / juice drinks).
* Ensure the thickened drink is **smooth**, and at the correct level of thickness, if not, start again.

**Note:-**

* For **hot drinks**, add milk and sugar ***before*** adding the Nutilis Clear powder.
* **Stir,** rather than shake, hot and carbonated drinks.

**New IDDSI levels of thickness:-**

* Level 1 slightly thick drinks = 1 flat purple scoop of Nutilis Clear powder in 200 ml of liquid.
* Level 2 mildly thick drinks = 2 flat purple scoops of Nutilis Clear powder in 200 ml of liquid.
* Level 3 moderately thick drinks = 3 flat purple scoops of Nutilis Clear powder in 200 ml of liquid
* Level 4 extremely thick drinks = 7 flat purple scoops of Nutilis Clear powder in 200ml of liquid (= Level 4 puree diet texture).

**Oral nutritional supplement drinks:-**

* **Do not** add Nutilis Clear powders to Oral Nutritional Supplements (ONS)
* The ONS should be the *same thickness as the recommendation for drinks*
* Use pre-thickened ONS (see the guide if unsure)