Tel: (01384) 456111 ext. 2439 / 4565



## **Speech and Language Therapy Fluid Recommendations**



#### **Nutilis Clear (Nutricia)**

| Patient's Name: | DOB: | NHS Number |
|-----------------|------|------------|
|                 |      |            |

#### **Recommended Fluid Consistency:**

| (Tick)          | Consistency          | Description   |  |
|-----------------|----------------------|---|--|
|                 | Normal               | No thickener required   |  |
|                 | Stage 1              | Can be drunk through a straw                                      |  |
|                 | (1 scoop per 200ml)  | Can be drunk from a cup if advised or preferred                   |  |
|                 | (1 scoop per zoonii) | <ul> <li>Naturally thick drink e.g. supplements</li> </ul>        |  |
|                 | Stage 2              | <ul> <li>Can be drunk through a straw</li> </ul>                  |  |
|                 | (2 scoops per 200ml) | <ul> <li>Can be drunk from a cup</li> </ul>                       |  |
|                 | (2 scoops per 200mi) | <ul> <li>Leaves a thin coat on the back of a spoon</li> </ul>     |  |
|                 | Stage 3              | Cannot be drunk through a straw                                   |  |
| (2 22222222222) |                      | <ul> <li>Can be drunk from a cup</li> </ul>                       |  |
|                 | (3 scoops per 200ml) | <ul> <li>Leaves a thick coating on the back of a spoon</li> </ul> |  |
|                 |                      |   |  |

### Any other advice:

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- Products may continue to thicken when left to stand.
- Products may thicken differently dependent on the liquid it is added to
- <u>Use the scoop provided with the thickening product to help ensure correct amount of thickener is used.</u>