

## Speech and Language Therapy Fluid Recommendations



### Nutilis Clear (Nutricia)

Patient's Name:

DOB:

NHS Number:

Recommended Fluid Consistency:

(Tick)	Consistency	Description
	<b>Normal</b>	<ul style="list-style-type: none"><li>• No thickener required</li></ul>
	<b>Stage 1</b> <b>(1 scoop per 200ml)</b>	<ul style="list-style-type: none"><li>• Can be drunk through a straw</li><li>• Can be drunk from a cup if advised or preferred</li><li>• Naturally thick drink e.g. supplements</li></ul>
	<b>Stage 2</b> <b>(2 scoops per 200ml)</b>	<ul style="list-style-type: none"><li>• Can be drunk through a straw</li><li>• Can be drunk from a cup</li><li>• Leaves a thin coat on the back of a spoon</li></ul>
	<b>Stage 3</b> <b>(3 scoops per 200ml)</b>	<ul style="list-style-type: none"><li>• Cannot be drunk through a straw</li><li>• Can be drunk from a cup</li><li>• Leaves a thick coating on the back of a spoon</li></ul>

Any other advice:

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