



# Mildly Thick Fluids

## Information for patients with dysphagia and their carers

This leaflet aims to answer your questions about changing the consistency of your fluids to help you swallow safely. If you have any questions or concerns, please speak to your speech and language therapist.

### What is dysphagia?

Dysphagia is the medical term for swallowing difficulties. Some people with dysphagia have problems swallowing certain foods or liquids, while others can't swallow at all. Your speech and language therapist has recommended changing the consistency of your liquids to make them safer to swallow.

### What has my speech and language therapist recommended?

Due to the nature of your dysphagia, it has been recommended that you drink only mildly thick drinks (IDDSI level 2). This means drinks that:

- Flow off a spoon.
- Are "sippable", pour quickly from a spoon, but slower than thin drinks.
- Effort is required to drink this thickness through a standard bore straw (standard bore straw = 0.209 inch or 5.3mm diameter).

These instructions apply to:

- **All hot and cold liquids**, including water, juice, squash, tea and coffee.
- Soups, sauces and gravy.
- **Any liquid medications.**
- Any nutritional supplements.

### How can I make my fluids mildly thick?

To achieve a mildly thick consistency, add **two scoops** of Resource® ThickenUp™ powder **per 200ml of liquid**. Other products are available and the method and amount of thickening powder required will vary according to the product you are using. You should always speak to your Speech and Language Therapist for more information.

**Please note that thickener is a prescription medication and should only be used as directed.**

## Instructions for preparing thickened fluids

To prepare thickened fluids:

1. Add the recommended amount of thickening powder using the scoop provided.
2. Measure the liquid (water, tea, juice or soup, for example) into a cup.
3. Stir the mixture vigorously using a fork or small whisk until the powder is well dissolved.
4. Stir gently for a further one to two minutes.
5. Leave to stand for a few minutes until the drink reaches the required thickness.

**It is important that you do not add additional powder during standing time, as the liquid will continue to thicken.**

For optimal results and safety please allow hot drinks (with a temperature of over 60°C) to cool slightly before adding to the thickening powder.

## Additional safety and storage of thickening powder

Once a tin/packet is opened, it should be stored in a cool, dry place.



**Please ensure that people who need supervision to eat and drink safely do not have unsupervised access to thickening powder, as dry thickening powder can be a choking hazard. Consider storing the thickener out of reach if necessary.**

## Contact us

If you have any questions or concerns, please contact the relevant speech and language therapy department via the switchboard on **020 8672 1255** (Monday to Friday, 9am to 5pm).

**For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.stgeorges.nhs.uk](http://www.stgeorges.nhs.uk)**

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## Additional services

### Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9.30am and 4.30pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough wings (near the lift foyer).

**Tel:** 020 8725 2453 **Email:** [pals@stgeorges.nhs.uk](mailto:pals@stgeorges.nhs.uk)

### NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

**Web:** [www.nhs.uk](http://www.nhs.uk)

## NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

**Tel:** 111

## AccessAble

You can download accessibility guides for all of our services by searching 'St George's Hospital' on the AccessAble website ([www.accessable.co.uk](http://www.accessable.co.uk)). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.



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