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| **PATIENT NAME / NUMBER:**  |

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| **SLIGHTLY THICK FLUIDS****IDDSI LEVEL 1** |
| * Sprinkle 1 level scoop of *Nutilis Clear* into 200mL of liquid **WHILE STIRRING** for 15 sec with a fork or spoon.
* Let sit 1 minute and stir again for 15 sec.
* **If using with milk or milk-based drinks (e.g., Horlicks), let sit 10 minutes before serving.**
* **Do not use Nutilis Clear with supplements (e.g., *Fortisip/Fortijuice*).**
* **Use supplement drinks (e.g., Fortisip) per dietitian instructions.**
 | H:\IDDSI\green-scoop.PNG**1 scoop per 200ml** |

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|  **DIET** |
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| **DISCONTINUE IF:*** COUGHING / CHOKING.
* INCREASED WETNESS OF BREATH.
* SHOWING FATIGUE.
* WET / GURGLY VOICE.
* SIGNS OF DISTRESS.
 | **CLIENT MUST BE:*** AWAKE AND ALERT.
* POSITIONED FULLY UPRIGHT.
* CHECK MOUTH IS CLEAR AFTER

ORAL INTAKE. |
| **DATE:** | **CONTACT NAME AND NUMBER:** |

