

Dear Healthcare provider

## Appropriate prescribing of thickeners for dysphagia in adults Nutilus Clear® is the local acute formulary choice.

Patients with dysphagia have a proven raised risk for aspiration pneumonia and increased hospital admissions.

Thickeners are indicated for dysphagia, to thicken liquids and foods to various consistencies, depending on individual patient need. They help slow the transit of foods and fluids to allow more time to co-ordinate the swallowing process safely. This prevents foods and fluids from entering the lungs leading to serious complications. Recommendation to prescribe a thickener should come from an appropriately trained healthcare professional, e.g. a Speech and Language Therapist (SLT) after dysphagia is diagnosed.

A clear gum based thickener e.g. Nutilus® Clear is the preferred choice. Gum based thickeners, unlike starch based thickeners, are more stable over time as they are resistant to amylase. They have a smoother texture and are clear, which makes them more appealing and palatable, improving adherence and hydration. Ref: PrescQIPP 2015.

### **Nutilus Clear alignment with IDDSI - CHANGE TO DOSAGE**


The Royal College of Speech and Language Therapists and the British Dietetic Association advocate the adoption of the International Dysphagia Diet Standardisation Initiative (IDDSI) framework for thickening drinks and to describe texture modified diets. IDDSI was founded with the goal of developing new global standardised terminology and definitions to describe texture modified foods and thickened liquids used for individuals with dysphagia – of all ages, in all care settings, and for all cultures.

In order to align with this change, the scoops in the tins of Nutilus Clear will be changing from a purple 3g scoop to a green 1.25g scoop and the directions for use on the label of Nutilus Clear will be different. These new tins will be easily identifiable due to a red information sticker on the tin lid. Tins of Nutilus Clear with the new scoop, and the new 1.25g sachet, will be available from mid-May 2018 in the community. **Please note: there may be a short period of time when existing tins and new tins will be available. The tin size will remain as 175g but the quantity required for each patient may change especially if recommended stage 2 / level 3. The Nutilus Clear product remains the same.**


Patients using Nutilus® Clear should be advised of this change via a letter sent to them or attached to their next prescription. Attached is a copy of the patient information letter.

## Nutlis Clear – how is it different for patients?

### Previous Directions for use:

UK National Descriptors	
Previous Stages per 200ml	Old purple scoop No. of scoops
	
Stage 1	1 (3g)
Stage 2	2 (6g)
Stage 3	3 (9g)

### New Directions for use:

IDDSI Framework	
New Levels per 200ml	New green scoop No. of scoops
	
Level 1	1 (1.25g)
Level 2	2 (2.5g)
Level 3	3 (3.75g)
Level 4	7 (8.75g)

This change affects the number of scoops required to thicken drinks. As a result the thickness of drinks will be different.

Patients who are currently on stage 1 using 1 scoop (3g) per 200ml should be advised to move to LEVEL 2 and have 2 scoops (2.5g) per 200ml.

**Patients who are currently on stage 2 using 2 scoops (6g) per 200ml should be advised to move to LEVEL 3 and have 3 scoops (3.75g) per 200ml. This is the biggest change in dosage.**

Patients who are currently on stage 3 using 3 scoops (9g) per 200ml should be advised to move to LEVEL 4 and have 7 scoops (8.75g) per 200ml.

We have enclosed a patient information letter, which you will need to send to all your patients receiving a prescription of Nutlis Clear before the end of May 2018. Should you need any support please contact your Medicines Management team or local Speech and Language Therapy department.

Further information on these changes can be found at: [www.iddsi.org](http://www.iddsi.org)

Yours Faithfully



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