

# NUTILIS CLEAR - NEW SCOOP AND MIXING INSTRUCTIONS

This year descriptions for thickened drinks will change from the UK National Descriptor three stages to IDDSI four levels – your healthcare professional will refer to them as ‘IDDSI levels’.

## What does this mean for you?

The new tin will be available in community pharmacies from mid-May 2018. In order to identify whether you have received the new tin look for: a red sticker on the lid, a new green scoop in the tin (which will be smaller than the previous purple scoop), and the new IDDSI directions for use on the label (see table below).

### 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)

According to our Speech and Language Therapy records you have been recommended UK National Descriptor stage 2 “custard” (6g) per 200ml. Using the new scoop you will need to move to IDDSI level 3 and have 3 scoops (3.75g) per 200ml.

This change affects the number of scoops required to thicken drinks. As a result the thickness of your drink may be slightly different. Please note the Nutilis Clear in the tin continues to remain the same.

As this is a significant decrease in the amount of thickener you need to add to your fluids we would like to arrange an appointment to check the new level 3 is appropriate for you.

We would like to offer you the following appointment:

Date:

Time:

Venue:

*If this is not convenient for you please contact us on the number below to rearrange.*

Whilst you are waiting for this appointment you notice any of the following signs you may need to be seen sooner:

- Coughing when drinking or immediately after
- Wet gurgly voice when drinking or immediately after
- Becoming short of breath when drinking
- Recurrent chest infections requiring antibiotics

#### Who do I contact if I am concerned?

You can contact your local Speech and Language Therapist directly.

Hastings and Rother Areas – 01424 755470 ext 5236

Eastbourne, Seaford and Hailsham Areas – 01323 446047

#### Can I find out more information about IDDSI?

Further information can be found at:

[www.iddsi.org](http://www.iddsi.org)

UK – 08457 623653 or [resourcecentre@nutricia.com](mailto:resourcecentre@nutricia.com)

Or contact your local Speech and Language Therapy Team