

NUTILIS CLEAR - NEW SCOOP AND MIXING INSTRUCTIONS

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

How has this changed?

UK National Descriptors		IDDSI Framework	
Previous Stages per 200ml	Old purple scoop No. of scoops 	New Levels per 200ml	New green scoop No. of scoops 
No previous stage		Level 1	1 (1.25g)
Stage 1	1 (3g)	Level 2	2 (2.5g)
Stage 2	2 (6g)	Level 3	3 (3.75g)
Stage 3	3 (9g)	Level 4	7 (8.75g)

What does this mean for you?

I take 1 scoop (3g) per 200ml stage 1 “syrup” consistency- what should I do now?
 You will need to move to LEVEL 2 and have 2 scoops (2.5g) per 200ml.

I take 2 scoops (6g) per 200ml stage 2 “custard” consistency- what should I do now?
 You will need to move to move to LEVEL 3 and have 3 scoops (3.75g) per 200ml

I take 3 scoops (9g) per 200ml stage 3 “pudding” consistency- what should I do now?
 You will need to move to LEVEL 4 and have 7 scoops (8.75g) 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.

If when you are using the new scoop you notice any of the following signs you may need to be reviewed by a Speech and Language Therapist:

- 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

Community Learning Disability Team – 01424 726551

Specialist Older Peoples Mental Health Service – 01323 747205

Can I find out more information about IDDSI?

Further information can be found at:

www.iddsi.org

UK – 08457 623653 or resourcecentre@nutricia.com

Or contact your local Speech and Language Therapy Team