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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:** |

