

NUTILIS CLEAR - NEW SCOOP AND MIXING INSTRUCTIONS


Thickened drinks are changing from 'stage 1, 2 and 3' to IDDSI* levels 1-4.

What does this mean for you?

The new tin will be available in community pharmacies from mid-May 2018. New tins will have a red sticker on the lid, a smaller new green scoop in the tin, and the new IDDSI directions for use on the label.


This change affects the number of scoops required to thicken drinks. Please see the chart below showing how many of the new scoops to use.

Previous Directions for use:

UK National Descriptors	
Previous Stages per 200ml	Old purple scoop No. of scoops (approx.) 
Naturally thick Leaves a coating on an empty glass	N/A (SLT advice)
Stage 1 Leaves a thin coat on the back of a spoon	1 (3g)
Stage 2 Leaves a thick coat on the back of a spoon	2 (6g)
Stage 3 Needs to be taken with a spoon	3 (9g)



New Directions for use:

IDDSI levels 1-4	
New Levels per 200ml	New green scoop No. of scoops 
IDDSI Level 1 Slightly thick	1 (1.25g)
IDDSI Level 2 Mildly thick	2 (2.5g)
IDDSI Level 3 Moderately thick	3 (3.75g)
IDDSI Level 4 Extremely thick	7 (8.75g)

Please follow the guidance on the above conversion chart.

The drink may appear slightly thicker or thinner than you are used to.

If your resident experiences any of the following issues please contact your Speech and Language Therapy team

Patients with a Hull GP 01482 247111

Patients with an East Riding GP 01482 335165

- Choking, excessive throat clearing or regular coughing when eating and/or drinking
- Voice regularly sounding wet/'gurgly' when eating and/or drinking
- Recurrent chest infections
- Gasping for breath when eating and/or drinking
- Change of colour in the face when eating/drinking

If you have any urgent concerns, please contact their GP or NHS 111.

* International Dysphagia Diet Standardisation Initiative (IDDSI) – international group who have developed a standardised way of naming and describing texture modified foods and thickened fluids.