

Date: October 2018

Dear Care Provider,

This year, our recommendations regarding thickening of fluids and diet descriptors will be changing in line with new international guidelines. Ipswich and East Suffolk CCG in conjunction with Speech & Language Therapy Services will therefore be using the International Dysphagia Diets Standardisation Initiative (IDDSI) Framework descriptor on all dysphagia care plans for fluids & foods from mid October 2018. Our aim is to ensure that these changes happen as smoothly as possible.



The IDDSI framework consists of a continuum of 8 levels (0-7). Levels are identified by text labels, numbers, and colour codes to improve safety and identification.

Previous Drink Stages	→	New IDDSI Drink Levels	Previous Food Descriptors	→	New Food Descriptors
N/A	→	Level 1 Slightly thick	UK National Descriptors	→	IDDSI Framework
Stage 1	→	Level 2 Mildly thick	Texture B Thin purée	→	Level 3 Liquidised
Stage 2	→	Level 3 Moderately thick	Texture C Thick purée	→	Level 4 Purée
Stage 3	→	Level 4 Extremely thick	Texture D Pre-mashed	→	Level 5 Minced & Moist
			Texture E Fork mashable	*	Level 6 Soft & Bite-sized
			Normal	→	Level 7 Regular

\*IDDSI Level 6 Soft & Bite-sized is NOT THE SAME as Texture E Fork mashable.

The maximum piece size in Level 6 is 1.5cm x 1.5cm to reduce the risk of choking on food

We will no longer be recommending “stages” for **drinks and fluids**. Instead we will be recommending an “IDDSI level” of thickness. We are using this change opportunity to enhance quality care and have decided to move to a new thickener called Nutilis Clear.

### What is Nutilis Clear® and why is it the thickener of choice?

Nutilis Clear is a new generation gum based thickener by Nutricia.

Other gum based thickeners on the market are mixed slightly differently to Nutilis Clear and traditional starch based thickeners in that they require the powder to be placed in a clean, dry cup before adding the fluid. Some patients and providers, as well as our partners in acute services have found this to be a barrier as it adds additional mess, time and risk of being the wrong consistency if not mixed correctly. Nutilis Clear can be added to the fluid either before or after it is poured which is considered simpler to mix safely and correctly.

The choice to adopt Nutilis Clear as the first line formulary inclusion across Ipswich & East Suffolk CCG and East Suffolk & North Essex Foundation Trust has been made following a thorough evaluation process facilitated by clinical procurement with full engagement from the Speech and Language Therapy (SLT), Dietetics and Medicines Management teams.

### How do I order Nutilis Clear?

The new Nutilis Clear tins are available from all pharmacies using either:

- 1. Product code 60794**
- 2. PIP Code 373-1908**

The tin will contain a green scoop and display the IDDSI dosing guidelines printed on the back of the tin. (See a copy of the tin label guidance below)

#### Number of level scoops required for thickening\* (1 scoop = 1.25g)

IDDSI Framework	Level 1 Slightly thick	Level 2 Mildly thick	Level 3 Moderately thick	Level 4 Extremely thick
No. scoops per 200 ml	1	2	3	7

\*The quantity of Nutilis Clear used may vary slightly depending on temperature or thickness of the liquid and viscosity required. For more information, please visit [mynutilis.co.uk](http://mynutilis.co.uk)

### What you need to do

We have advised GPs that the formulary has changed and that patients will be moved onto Nutilis Clear over the coming weeks. Once staff have received IDDSI and Nutilis Clear training you will be asked to utilise the attached letter template and populate the chart for all patients currently receiving a thickener prescription residing within the care home. This should then be sent directly to the GP surgery where the patients are registered so that the prescription change can be processed.

If you notice any symptoms of aspiration when patients are drinking after the changeover e.g. coughing, choking, throat clearing, wet “gurgly” voice or breath quality, then please seek a re-referral to SLT via the usual route or contact the relevant SLT service for advice on the service numbers listed below.

### Training

Your Nutricia representative will be in touch soon to arrange Nutilis Clear staff training, they will be happy to answer any questions you may have regarding this correspondence and moving patients from current stages to the new levels on that day.

For further information regarding IDDSI please go to [www.IDDSI.org](http://www.IDDSI.org)

For more general queries regarding Nutilis Clear, including queries regarding mixing of drinks please call the Nutricia Patient and Carer Helpline.

UK – 08457 623653 or resourcecentre@nutricia.com

Yours sincerely,

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ESNEFT  
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