





# Thickener change to NUTILIS CLEAR

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’.

During the preparation for this descriptor change your managing teams have evaluated a range of thickener products and we believe that Nutilis Clear is the right product for you to use moving forward.

1. Nutilis Clear is a gum based thickener product so does not immediately break down on contact with saliva giving more time for you to safely swallow.
2. Nutilis Clear can be mixed either before or after the fluid is added to the glass making mixing easier and more convenient for you.

## OLD STAGES TO NEW IDDSI LEVELS

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

## Your prescription will now be changed to Nutilis Clear

### What does this mean for you?

According to our Speech and Language Therapy records you have been recommended UK National Descriptor stage 2 “Custard”. **You will now need to move to IDDSI level 3 and have 3 scoops of Nutilis Clear per 200ml.**

Level one is a new level created within the IDDSI classification. Please do not use this level unless advised by a Speech and Language Therapist.

This change affects the brand of product and number of scoops required to thicken drinks. As a result the thickness of your drink may vary slightly.

We do not envisage any problems with this change. However, once using the new product if you notice any of the following symptoms you need to contact your GP or Speech and Language Therapist who will arrange a review.

- Coughing, choking or throat clearing when drinking
- Wet voice/breath quality or increased breathing rate when drinking.
- If chest condition deteriorates

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

**Speech and Language Therapy Services Tel:** 01473 275285

**(PALS) Patient and Liaison Service Tel :** 0800 389 6819, email [pals@suffolk.nhs.uk](mailto:pals@suffolk.nhs.uk)

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

You can visit [www.iddsi.org](http://www.iddsi.org)

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

Alternatively contact your local Speech and Language Therapy Team

For further information and Nutilis Clear recipes ideas please visit [www.mynutilis.co.uk](http://www.mynutilis.co.uk)