

## GP Factsheet

# Dysphagia

**Nutlis Clear® is now Ipswich & East Suffolk CCG and ESNEFT formulary choice of thickener for patients with dysphagia.**

We recommend that all current dysphagia patients on a thickener transfer over to Nutlis Clear® on a phased basis over the next few months. All new patients will be commenced on Nutlis Clear®, and existing patients will be switched over either at their next review or after training has been provided to the residential/care home.

For patients in their own home who are known to the Speech and Language Therapy Service (SLT) you will be informed about the change via a letter from the SLT. For patients in a care home who are known to SLT you will be informed about the change via a letter from the care home which may be for multiple patients. For patients on thickener not known to SLT, the Medicines Management Team will work with the practice in identifying these patients and switching them.

Please be assured that we will always aim to use up existing supplies before the new thickener is requested.



### Benefits of Nutlis Clear®

Modifying the texture of fluids can alter their original appearance and taste, which may reduce compliance and fluid intake. Nutlis Clear® is a xanthan gum based thickening agent, which is designed to maintain the normal appearance of fluids. It is generally regarded as **more palatable** than starch based thickeners.

Standard starch-based thickening agents may not maintain their prescribed consistency. Nutlis Clear® has amylase resistant features which help to maintain the correct consistency of fluid if the bolus is held in the mouth. These factors may improve **patient compliance, fluid intake and quality of life.**

Medicines Management Team, Ipswich & East Suffolk CCG in conjunction with Speech and Language Therapy Services ESNEFT

## Cost savings

Initially Nutilis Clear® may appear more expensive than other thickeners, but this does not account for the difference in scoop and tin size. The majority of patients will be assessed as requiring Level 2 drinks (see price comparison table).

	Tin Size (g)	FP10 Price*	Cost per Level 2 Drink*	No. of Level 2 Drinks** per tin
'Nutilis Clear'	175	£8.46	<b>£0.12</b>	70
'Thick & Easy Clear'	126	£6.50	£0.14	45
'Resource ThickenUp Clear'	127	£8.46	£0.16	53

(\*June 2018 MIMS      \*\*200ml drinks as per manufacturer dosage instructions).

'Nutilis Clear' is available in a 175g tin and can be ordered using:  
**product code 60794 or**  
**PIP Code 373-1908.**

**If you have any questions please do not hesitate to contact:**

**Speech and Language Therapy Service**

Tel: 01473 275285

Or

Sue Clarke CCG Prescribing Support Dietitian

Tel: 01473 770113

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