


NUTILIS CLEAR - NEW Thickener

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 gum based 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?

1. I am on stage 1 “syrup” consistency- what should I do now? You will need to move to LEVEL 2 and have 2 scoops per 200ml of Nutilis Clear.
2. I am on stage 2 “custard” consistency- what should I do now? You will need to move to LEVEL 3 and have 3 scoops per 200ml of Nutilis Clear
3. I am on stage 3 “pudding” consistency- what should I do now? You will need to move to LEVEL 4 and have 7 scoops per 200ml of Nutilis Clear.

If you are unsure which stage of consistency you have been using, it is important that you contact the Speech and Language Therapy Service who can advise regarding the correct IDDSI level and the correct number of scoops of Nutilis Clear to use.

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 product brand you currently use and the number of scoops required to thicken your drinks. As a result the thickness of your drink may vary slightly.

We do not envisage any problems, however once your prescription changes if you do notice any of the following symptoms you need to contact your GP or Speech and Language therapist for 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

Can I find out more information about IDDSI?

You can visit www.iddsi.org

UK — 08457 623653 or 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