

## SPEECH AND LANGUAGE THERAPY – ADULT SERVICE

### Thickened fluids

Some drinks are naturally thicker consistency, e.g. tomato juice, smoothies. Most however will need to be thickened, by adding a powdered thickener available on prescription.

For Example:

- Thick 'n' Easy
- Nuttilis

### Consistencies

There are three different consistencies of thickened fluids. Your Speech and Language therapist will advise which one you need.

The following guidelines are Thick 'n' Easy and show how many scoops of powder you will need to add to 200ml of fluids.

Ask your Speech and Language therapist if you are using another brand of thickener, as the quantities may vary.

<b>Syrup</b>	Stage One	1 scoop
<ul style="list-style-type: none"> <li>○ Can be drunk through a straw</li> <li>○ Can be drunk from a cup</li> <li>○ Leaves a thin coat on the back of a spoon</li> </ul>		

<b>Custard</b>	Stage 2	1 ½ scoops
<ul style="list-style-type: none"> <li>○ Cannot be drunk through a straw</li> <li>○ Can be drunk from a cup</li> <li>○ Leaves a thick coat on the back of a spoon</li> </ul>		

<b>Pudding</b>	Stage 3	2 scoops
<ul style="list-style-type: none"> <li>○ Cannot be drunk through a straw</li> <li>○ Cannot be drunk from a cup</li> <li>○ Needs to be taken with a spoon</li> </ul>		

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### **Tips for Preparing Thickened fluids:**

- Mix the powder into drinks using a fork or whisk, rather than a spoon, to prevent lumps from forming.
- Hot and cold drinks can be thickened. When preparing hot drinks, mix in the thickener before adding milk.
- Acidic drinks, like fresh fruit juices, will need more thickener added first. You will need to use a larger cup / glass.
- Fizzy drinks can be thickened, but bubble up when the thickener is first added. You will need to use a larger cup / glass.
- Thickening powder can be added to milk or milky supplements, but it is a slow process and tends to go lumpy more readily. You can try mixing the thickener into a paste, using a small amount of the liquid, then mixing in the rest of the drink.
- Remember to thicken all liquids, including soups, water taken with tablets, milk for cereals, gravy and juice drained from tinned fruit.
- Because the liquid is thick, it stays on the tongue for longer, so flavours are stronger. You may want to dilute fruit juices and reduce the strength of hot drinks.
- The consistency can be adjusted by adding extra liquid, if the drink is too thick or extra powder if it is too thin.
- If the prepared drink is not finished straight away, stir it again just before drinking,
- Prepared, thickened drinks should be stored in the fridge, if not drunk immediately and should not be kept for more than 24 hours.

If you have any concerns or questions about thickened fluids, please contact the Speech and Language Department at the below telephone number:

<b>Walsall Manor Hospital – Speech and Language</b>	<b>01922 721172 extension : 6266</b>
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