

MILDLY THICK (NECTAR) FLUIDS

FOR PEOPLE WITH SWALLOWING DIFFICULTIES

Thickened fluids are recommended for people who have difficulty swallowing normal drinks because:

- They move more slowly and are easier to control, giving you more time to swallow
- They may be less likely to go down the wrong way

Mildly thick fluid has the following features:

- It can be sipped from a cup
- It runs fast through the prongs of a fork, and leaves a mild coating on the prongs

Thickening fluids to a mildly thick consistency using a thickening powder

- Thickening powders can be purchased from your local pharmacy. There are also some online ordering options. Please discuss with your Speech Language Therapist
- Examples of thickening powders are: Nestle: "Resource Thicken Up", Nutricia: "Nutilis", and Flavour Creations: "Easy Thick"
- If you are an inpatient, thickened drinks and thickening powder will be provided during your hospital admission

Method

Please refer to the instructions on the back of the package. Please follow strictly to ensure the appropriate consistency is achieved.

Other tips you may find useful

- Add the powder very gradually to the drink, while stirring quickly with a fork or a small hand whisk
- Hand held blenders or food processors are also useful when preparing thickened drinks in bulk
- Hot drinks need to be made using very hot water, so that the powder can be easily dissolved
- For cold milky drinks, shake the milk drink, add the thickener, then shake again very hard, to dissolve the thickening powder
- If the drink stands for longer than 10 minutes, the thickener may settle on the bottom of the cup. Stir thoroughly again before drinking

Please ensure that sufficient quantities of fluid are taken throughout the day. If unsure of how much is enough, please discuss with your Speech Language Therapist, Doctor or Dietitian.

Speech Language Therapist: _____ **Date:** _____