



**FRESENIUS
KABI**

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Thick & Easy™ Clear and the IDDSI framework



A switching guide for healthcare professionals

Switching to IDDSI

What is IDDSI?



The International Dysphagia Diet Standardisation Initiative (IDDSI) was founded to develop standardised terminology to describe texture-modified foods and thickened liquids used by people with dysphagia.

Why change

The IDDSI committee found that a number of countries had developed their own dysphagia standards using different labels, numbers and levels. People with dysphagia may come across a confusing array of terminologies for any one thickness of drink such as Nectar, Syrup, Level 150 and Mildly thick.¹

The IDDSI Committee has created a universal dysphagia diet framework consisting of 8 levels (0-7). Within this framework, liquids are now defined as: Thin, slightly thick, mildly thick, moderately thick, and extremely thick.

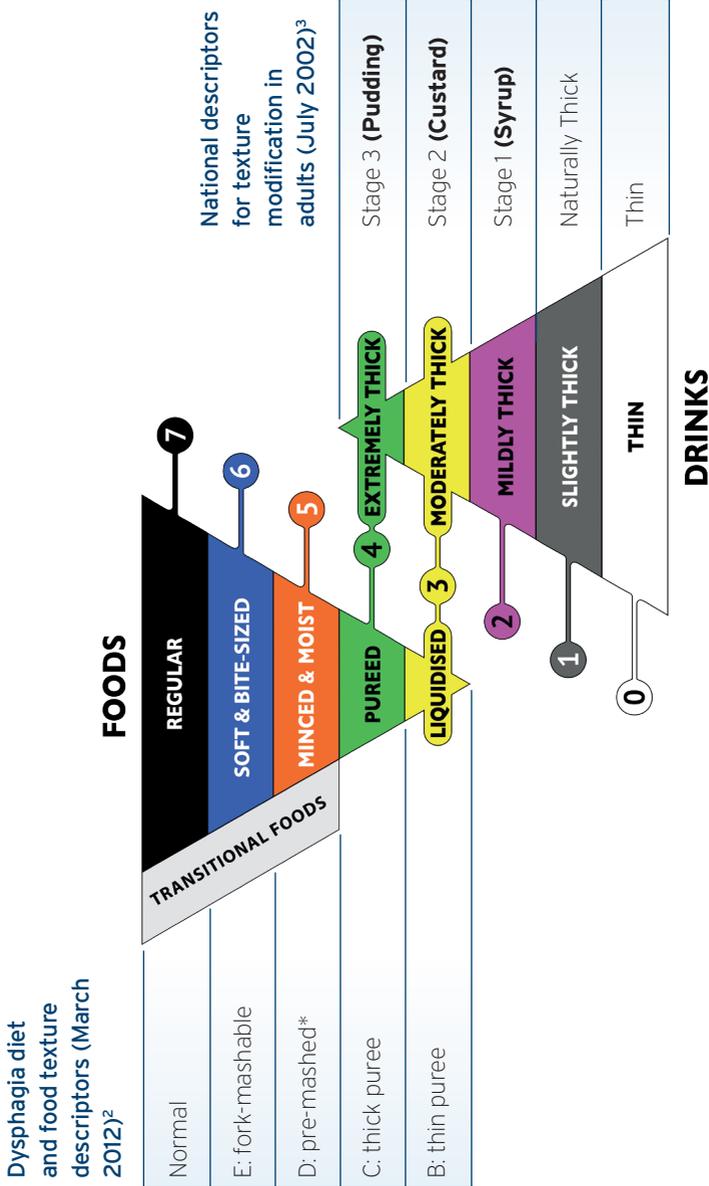
Between April 2018 - April 2019 all Fresenius Kabi dysphagia products and labels will be updated to ensure they adhere to the IDDSI framework.

Timeline for IDDSI implementation on the UK*



*Timeline supplied by the IDDSI UK Committee Group

UK descriptors and the IDDSI framework



*The Dysphagia Diet Food Texture Descriptors for Pre-mashed (Texture D) meat pieces are approximately 2mm

Thick & Easy Clear

and the IDDSI framework

What is not changing with Thick & Easy Clear?

- The tin and scoop size are not changing
- The product is not changing

What is changing with Thick & Easy Clear?

- Updated recommended dosage on label to reflect the IDDSI framework - see conversion chart



Conversion chart

Stages	IDDSI Level	Scoops per 200ml*†
-	1 SLIGHTLY THICK	1 scoop
(Stage 1) Syrup	2 MILDLY THICK	2 scoops
(Stage 2) Custard	3 MODERATELY THICK	3 scoops
(Stage 3) Pudding	4 EXTREMELY THICK	6 scoops

*Scoop size = 1.4g. †Based on water.

Product label

Recommended Dosage: 1 level scoop = 1.4g				
IDDSI Framework	Level 1 Slightly thick	Level 2 Mildly thick	Level 3 Moderately thick	Level 4 Extremely thick
200ml liquid**	1 scoop	2 scoops	3 scoops	6 scoops

** The quantity required may vary slightly dependent on the temperature and thickness of the liquid Thick & Easy Clear is added to.

Mixing Instructions: Use scoop provided in the tin	
To thicken liquids: Add the recommended* amount of level scoop(s) of powder into an empty dry glass. Add 200ml of desired liquid, stir briskly with a whisk or fork until dissolved. Stand for 2 minutes.	To thicken pureed foods: Add Thick & Easy Clear until the desired consistency is achieved.

* As advised by Speech & Language Therapist / Healthcare professional.

Important notes: To be used under medical supervision only. Not suitable as a sole source of nutrition. Intended for use as a food and beverage thickener and as such not intended to contribute significantly to energy intake. Not suitable for children under 3 years. For more information visit www.dysphagia.org.uk

Storage: After opening, reseal and store in a cool, dry, relatively odour free environment.

EN0190 **e 126g**

Thick & Easy Clear

Nutrition information

Nutritional information

Typical values	per 100 g	per scoop (1.4 g)
Energy kcal (kJ)	291.1 (1221.3)	4.08 (17.1)
Protein g	0.9	0.01
Carbohydrate g	88.2	1.2
Fat g	<0.1	<0.01
Fibre g	31.2	0.44
Sodium mg (mmol)	1344 (58.4)	18.8 (0.8)

Ingredients

Maltodextrin, Xanthan Gum, Carrageenan, Erythritol

Important notes: To be used under medical supervision only. Not suitable as a sole source of nutrition. Intended for use as a food and beverage thickener and as such, not intended to contribute significantly to energy intake. Not suitable for children under 3 years of age. Gluten and lactose free.

Thick & Easy Clear

Ordering information

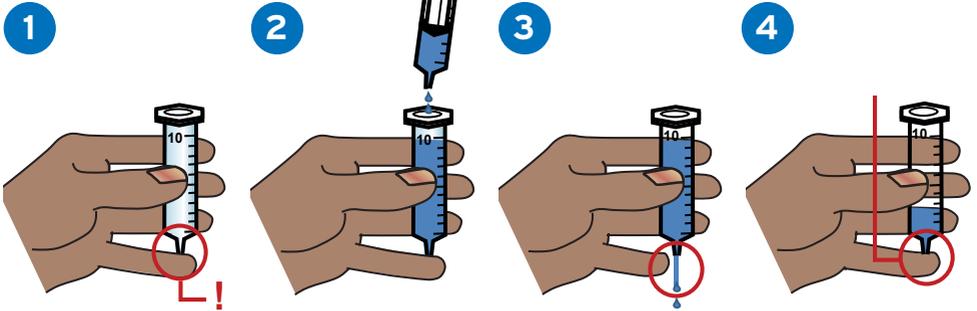


Order code

Thick & Easy Clear 126 g tin	7195401
Thick & Easy Clear 1.4 g sachet	7196401

The IDDSI flow test

Using a 10ml syringe:



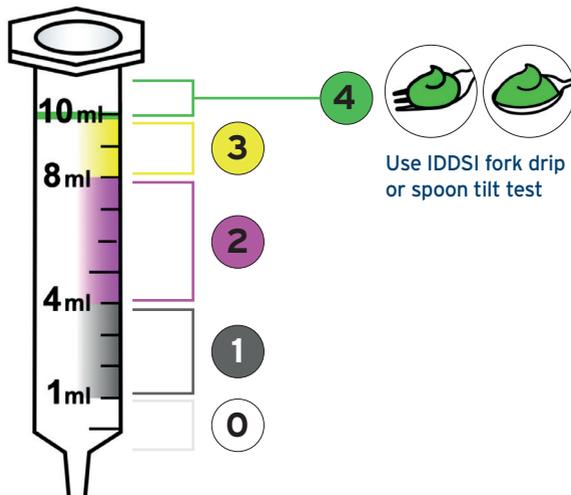
Remove plunger
Check the nozzle is completely clear before use

Cover nozzle with finger and fill 10ml

Release nozzle and start timer

Stop at 10 seconds

Measuring results of the IDDSI flow test



For more details on drink testing methods visit:

www.iddsi.org/framework/drink-testing-methods/

Fork drip test

Predominantly used for:

LIQUIDISED

3

MODERATELY THICK

PUREED

4

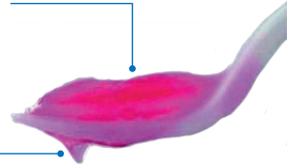
EXTREMELY THICK

Thick drinks and fluid foods (Levels 3 and 4) can be tested by assessing whether they flow through the slots/prongs of a fork and comparing against the detailed definitions of each level.

Drips slowly or in dollops/strands through the tines/prongs of a fork



Sits in a mound or pile above the fork



A small amount may flow through and form a tail below the fork. Does not dollop, flow or drip continuously through the fork prongs

Spoon tilt test

Predominantly used for:

PUREED

4

EXTREMELY THICK

5

MINCED & MOIST

Sample should be cohesive enough to hold its shape on the spoon

- A full spoonful must slide/pour off the spoon if the spoon is tilted sideways or shaken lightly; the sample should slide off easily with very little food left on the spoon
 - For Level 4 sample should not be firm and sticky
 - For Level 5 sample should not be sticky
- A scooped mound may spread or slump very slightly on a flat plate



For more details on food testing methods visit:

www.iddsi.org/framework/food-testing-methods/



It's time to take hydration seriously

Find out more about dysphagia

For expert information, advice, case studies and the latest developments in clinical dysphagia research call Fresenius Kabi on **01928 533 516** or email scientific.affairsUK@fresenius-kabi.com

Helping patients to stay hydrated

Fresenius Kabi are sponsors of Hydration Angels. Together we're helping to hydrate the nation.

To find out more, visit www.whatwemadef.org



References

1. Steele C, Alsanei WA, Ayanikalath S, et al. The influence of food texture and liquid consistency modification on swallowing physiology and function: A systematic review. *Dysphagia*. 2015; 30(1): 2-26.
2. Dysphagia Diet Food Texture Descriptors. National Patient Safety Agency (NPSA) Dysphagia Expert Reference Group in association with Cardiff and Vale University Health Board. March 2012.
3. National Dysphagia Diet (NDD): Standardization for Optimal Care. National Dysphagia Diet Taskforce, American Dietetic Association (2002). Chicago (Ill).

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