

Thick & Easy™ Clear

Patient information

What is IDDSI?

The International Dysphagia Diet Standardisation Initiative (IDDSI) was founded to develop international 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. 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.

What do I need to do?

The conversion chart below shows the previously used national descriptors, the equivalent level within the IDDSI framework and the number of scoops of Thick & Easy Clear required per 200ml of liquid.

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.

Please do not make any changes to your recommended dosage until you have spoken to your speech and language therapist or healthcare professional.

Reference

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.

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seriously

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