

# Thick & Easy™ Clear

## Prescribing guide



IDDSI Level*				
	① SLIGHTLY THICK	② MILDLY THICK	③ MODERATELY THICK	④ EXTREMELY THICK
	<ul style="list-style-type: none"> <li>Can be drunk through a straw, syringe, teat/nipple</li> <li>Requires a little more effort to drink than thin liquids</li> </ul>	<ul style="list-style-type: none"> <li>Can be drunk through a straw</li> <li>Can be drunk from a cup if preferred</li> <li>Leaves a thin coat on the back of a spoon</li> </ul>	<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>	<ul style="list-style-type: none"> <li>Cannot be drunk through a straw</li> <li>Can not be drunk from a cup</li> <li>Needs to be taken with a spoon</li> </ul>

Tins required in a month**†				
	① SLIGHTLY THICK	② MILDLY THICK	③ MODERATELY THICK	④ EXTREMELY THICK
1000 ml	2	3	5	9
1500 ml	3	5	7	14
2000 ml	3	6	9	19

Guidelines for liquids				
	① SLIGHTLY THICK	② MILDLY THICK	③ MODERATELY THICK	④ EXTREMELY THICK
Per 200 ml	1 scoop	2 scoops	3 scoops	6 scoops

\*© The International Dysphagia Diet Standardisation 2016 @<http://iddsi.org//framework/>

\*\*Number of Thick & Easy Clear tins (126 g) required per month based on average adult fluid requirements †Based on 1 month = 28 days. 1 scoop = 1.4 g

## 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](mailto: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](http://www.whatwemadef.org)

#### References

1. Food Facts home [Internet]. Bda.uk.com. 2018 [cited 29 January 2018]. Available from: <https://www.bda.uk.com/foodfacts/home>

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