



We know what  
you're made of

**Thick & Easy™ Clear**

Product Aid

It's time to take hydration seriously



**FRESENIUS  
KABI**

caring for life



# Water – it's what we're made of

The European Food Safety Authority recommends a daily intake of 2.5 litres for men and 2.0 litres for women.<sup>1</sup>

## Safe and effective hydration for all

We all know that water is essential for life.<sup>2</sup> However, patients with dysphagia may be struggling to meet their daily recommended intakes.

## What is dysphagia?

Dysphagia describes any difficulty or pain in eating, drinking or swallowing and affects people with a range of conditions.<sup>3,4</sup> Dysphagia patients are at a higher risk of aspiration pneumonia, choking and dehydration.

## Minimising the risks

Effective texture modification of drinks can help prevent the risks associated with dysphagia and help ensure your patients remain sufficiently hydrated.

## Thick & Easy Clear

Thick & Easy Clear can be used to modify the consistency of drinks, helping people with dysphagia to control their swallow.

### Thick & Easy Clear:

- Encourages fluid intake, therefore reducing the risk of dehydration
- Is a gum-based thickener
- Doesn't alter the natural appearance, taste or texture of drinks<sup>5</sup>
- Retains a consistent thickness over time
- Lessens the fear of swallowing

## Staying hydrated with Thick & Easy Clear

Thick & Easy Clear can be used to thicken both hot and cold drinks.

Altering the consistency of a drink can help ensure a safe swallow.



### Number of Thick & Easy Clear™ tins (126g) required per month (28 days) based on average adult fluid requirements<sup>1</sup> (approximately 6-10 250ml cups)

| Amount of fluid/day | Level 1* | Level 2* | Level 3* | Level 4* |
|---------------------|----------|----------|----------|----------|
| 500ml               | 1        | 2        | 2        | 5        |
| 1000ml              | 2        | 3        | 5        | 9        |
| 1500ml              | 2        | 5        | 7        | 14       |
| 2000ml              | 3        | 6        | 9        | 19       |

### Number of Thick & Easy Clear™ scoops required per day

| Amount of fluid/day | Level 1* | Level 2* | Level 3* | Level 4* |
|---------------------|----------|----------|----------|----------|
| 500ml               | 2.5      | 5        | 7.5      | 15       |
| 1000ml              | 5        | 10       | 15       | 30       |
| 1500ml              | 7.5      | 15       | 22.5     | 45       |
| 2000ml              | 10       | 20       | 30       | 60       |

<sup>1</sup> 1 scoop = 1.4 g \*IDDSI Framework for texture modification in adults

## Mixing directions



**Step 1.**  
Add level measured thickener into empty, dry glass.



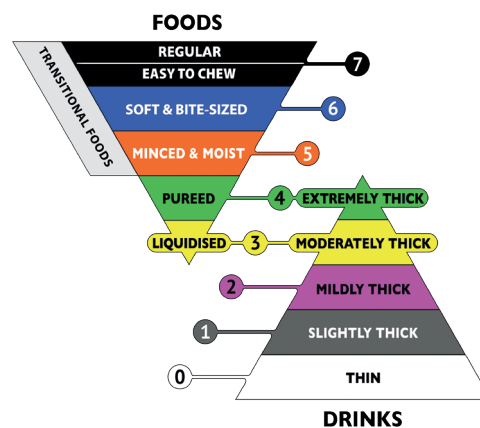
**Step 2.**  
Measure the desired amount of liquid.



**Step 3.**  
Add liquid quickly while stirring briskly with a whisk or fork, until dissolved.

## The new IDDSI framework

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





# Thick & Easy Clear



## Order code

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

## Nutritional information

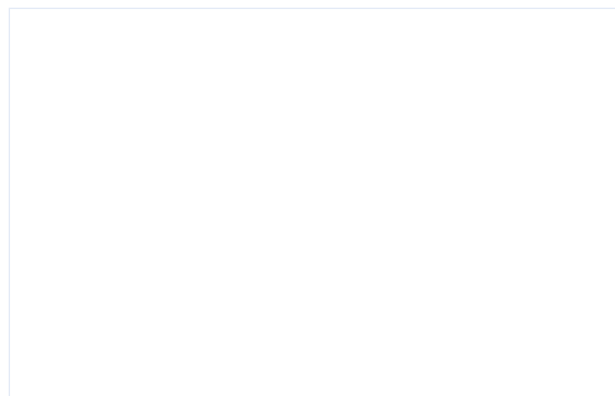
| Typical values     | per 100 g      | per scoop (1.4 g) |
|--------------------|----------------|-------------------|
| Energy kcal (kJ)   | 291.1 (1221.3) | 4.08 (17.1)       |
| Protein g          | 0.9            | 0.01              |
| Carbohydrate g     | 88.2           | 1.2               |
| of which Sugars    | 0.0            | 0.0               |
| Fat g              | <0.1           | <0.01             |
| of which Saturates | <0.1           | <0.01             |
| Fibre g            | 31.2           | 0.44              |
| Salt g (Na x 2.5)  | 3.36           | 0.047             |
| 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.

If you require samples  
please contact



## References

1. EFSA 2018. Scientific Opinion on Dietary Reference Values for Water. EFSA Journal. 2010; 8(3): 1459-1507. Available from: <https://www.efsa.europa.eu/en/efsajournal/pub/1459> [Accessed 01 December 2017]
2. Emma Derbyshire. The Essential Guide to Hydration. Available from: <http://www.naturalhydrationcouncil.org.uk/wp-content/uploads/2012/11/NHC-Essential-Guide-Hydration-FINAL.pdf> [Accessed 29th January 2018]
3. National Institute for Health and Care Excellence (NICE), Nutrition support for adults: oral nutrition support, enteral tube feeding and parenteral nutrition: NICE Guideline [CG32]. 2017. Available from: <https://www.nice.org.uk/guidance/cg32> [Accessed 1st December 2017]
4. NHS London. Oral Nutritional Support Toolkit. 2012. Available from: [https://www.networks.nhs.uk/nhsnetworks/ahp-networks/ahp-gipptoolkits/AHP\\_ONS\\_Pathway\\_final.pdf/view](https://www.networks.nhs.uk/nhsnetworks/ahp-networks/ahp-gipptoolkits/AHP_ONS_Pathway_final.pdf/view). [Accessed 1st May 2015]
5. Fresenius K. Thick & Easy - Acceptability Study Report. Company Data on File. 2014
6. Food Facts home [Internet]. Bda.uk.com. 2018 [cited 29 January 2018]. Available from: <https://www.bda.uk.com/foodfacts/home>

Date of preparation: April 2019. Job code: EN1459. Thick & Easy is a trademark of Hormel Health Labs. Fresenius Kabi is an authorised user.

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)

## New online dysphagia resource

For accredited training, tips and tricks and further information about dysphagia visit [www.dysphagia.org.uk](http://www.dysphagia.org.uk)

Alternatively, call Fresenius Kabi on **01928 533 516** or email [scientific-affairsUK@fresenius-kabi.com](mailto:scientific-affairsUK@fresenius-kabi.com)