



Warning

Powder can cause choking and obstruction if taken dry. Always mix with fluid. Keep out of reach of small children or adults with cognitive or learning disabilities.

Instructions



Sprinkle the thickening powder into the drink.



Stir briskly for 30 seconds with a fork or whisk until the powder dissolves.



Leave to stand for 1–5 min to allow the liquid to thicken. Do not add more powder.



Test the liquid is the correct thickness before serving. If required, add a little extra powder or liquid, stir briskly, and allow to stand as before.

Instructions for starch-based thickeners

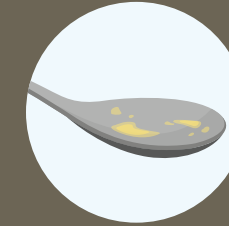


1 Measure the amount of liquid & prepare in the usual way (i.e. add milk and sugar to tea, coffee, etc).



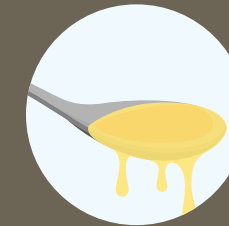
2 Measure the correct number of level scoops using the scoop provided.

Thickness levels



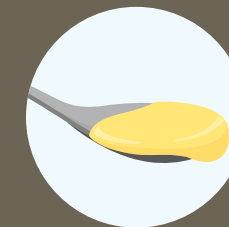
Slightly thick (level 1)

Thicker than water (e.g. single cream). Leaves a trace amount of residue on a spoon. Can be drunk through a straw.



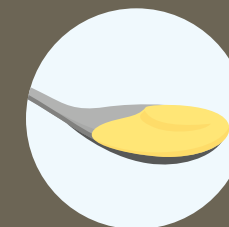
Mildly thick (level 2)

Pours quickly from a spoon but slower than water (e.g. syrup). Can be drunk from a cup. Can be drunk through a straw with a little effort.



Moderately thick (level 3)

Pours slowly from a spoon (e.g. custard). Drops through the prongs of a fork. Can be drunk from a cup. Difficult to drink through a straw.



Extremely thick (level 4)

Holds shape on a spoon and cannot be poured (e.g. thick yoghurt). Falls off a spoon when tilted. Cannot be drunk from a cup or with a straw. Must be eaten with a spoon.



200ml

Standard mug (approx.)



150ml

Small tumbler (approx.)

Hints and tips

Thickened liquids may continue to thicken over time. If the liquid becomes too thick, add fluid to achieve the correct level of thickness or start again.

Stirring the powder with a spoon causes lumps. Use a fork or whisk instead.

Liquids refer to thin soups, broths, cereals, thin sauces, gravy, oral nutritional supplements, and liquid medications.

If feeding a patient with a spoon, don't leave the spoon to stand in the liquid as saliva on the spoon will cause the thickened liquid to break down.

Allow hot drinks to cool slightly before adding the thickener.

Hints and tips

Always thicken the liquid so that it looks like the descriptions overleaf rather than according to the number of scoops.

Some liquids are already naturally thick, for example, thick milkshakes, fruit smoothies, yoghurt drinks, and some nutritional supplement drinks (e.g. Ensure, Fortisip).

Thickened drinks stay on the tongue for longer so they may taste stronger. You may need to make drinks slightly weaker than usual.

Don't use a straw with thickened liquids unless advised by a Speech and Language Therapist.

Guidelines for thickening liquids

A resource for
healthcare
professionals