

# 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.<sup>1</sup>

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) <b>Syrup</b>	② MILDLY THICK	2 scoops
(Stage 2) <b>Custard</b>	③ MODERATELY THICK	3 scoops
(Stage 3) <b>Pudding</b>	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.

Date of preparation: September 2018 Job code: EN01594. Thick & Easy is a trademark of Hormel Health Labs. Fresenius Kabi Ltd is an authorised user.  
**Distributor:** Fresenius Kabi Limited, Cestrian Court, Eastgate Way, Manor Park, Runcorn, Cheshire, WA7 1NT. Tel: 01928 533 533  
[www.fresenius-kabi.com/gb](http://www.fresenius-kabi.com/gb)



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)