

NUTILIS CLEAR - NEW SCOOP AND MIXING INSTRUCTIONS

Thickened drinks are changing from 'stage 1, 2 and 3' to IDDSI* levels 1- 4.

What does this mean for you?

The new tin will be available in community pharmacies from mid-May 2018. New tins will have a sticker on the lid, a smaller new green scoop in the tin, and the new IDDSI directions for use on the label.

This change affects the number of scoops required to thicken your drinks. Please see the chart below showing how many of the new scoops to use.

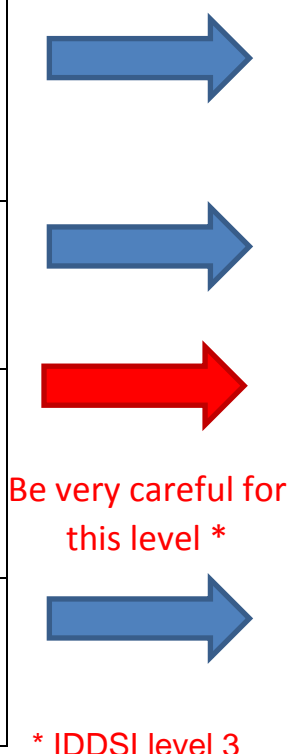
Previous Directions for use:

UK National Descriptors	
Previous Stages per 200ml	Old purple scoop No. of scoops (approx.)
Naturally thick (Thin syrup) Leaves a coating on an empty glass	N/A (SLT advice)
Stage 1 (Syrup) Leaves a thin coat on the back of a spoon	1 (3g)
Stage 2 (Custard) Leaves a thick coat on the back of a spoon	2 (6g)
Stage 3 (Pudding) Needs to be taken with a spoon	3 (9g)



New Directions for use:

IDDSI levels 1-4	
New Levels per 200ml	New green scoop No. of scoops
IDDSI Level 1 Slightly thick	1 (1.25g)
IDDSI Level 2 Mildly thick	2 (2.5g)
IDDSI Level 3 Moderately thick	3 (3.75g)
IDDSI Level 4 Extremely thick	7 (8.75g)



requires a lot less thickeners compared with stage 2. Therefore increase the number of green scoops if you are concerned, and contact a health professional (see next page).

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Please follow the guidance on the conversion chart.

Your drink may appear slightly thicker or thinner than you are used to.

If you experience any of the following issues please contact your Speech and Language Therapy team:

- **Choking, excessive throat clearing or regular coughing when eating and/or drinking**
- **Voice regularly sounding wet/'gurgly' when eating and/or drinking**
- **Recurrent chest infections**
- **Gasping for breath when eating and/or drinking**
- **Change of colour in the face when eating/drinking**

If you have any concerns about how to convert to the new number of scoops, in the first instance, please contact the Speech and Language Therapy Service who recommended your thickener.

If you do not have their details, contact your Dietitian, Community Nurse, GP or the Medicines Enquiry Helpline: 023 8062 7898

If you have any urgent concerns, please contact your GP or NHS 111.

For any general product queries please contact the Nutricia Patient and Carer Helpline:

UK — 08457 623653 or resourcecentre@nutricia.com