

# RESOURCE® THICKENUP™ CLEAR

## Patient information update



### What is the IDDSI framework?

IDDSI stands for the International Dysphagia Diet Standardisation Initiative. The IDDSI framework was founded by a group of experts from around the world who want to make sure that everyone uses the same descriptors and terms for people with dysphagia on texture modified foods and thickened drinks.

### Why has the label changed for Resource® ThickenUp™ Clear?

The recommended dosage table has been updated on the tin and sachet boxes to reflect the IDDSI framework.

Recommended Dosage	Syrup/Stage 1	Custard/Stage 2	Pudding/Stage 3
100ml Liquids (water, juice, tea, coffee)	1 scoop	2 scoops	3 scoops

Old Resource® ThickenUp™ Clear label  
Number of scoops needed per **100ml**

Recommended dosage:	Level 1 Slightly thick	Level 2 Mildly thick	Level 3 Moderately thick	Level 4 Extremely thick
200ml Liquids (water, juice, tea, coffee)	1 scoop	2 scoops	4 scoops	8 scoops*

New Resource® ThickenUp™ Clear label  
Number of scoops needed per **200ml**

#### Please note

The tin and scoop size are **not** changing.  
The product is **not** changing

### Will this change the way I use Resource® ThickenUp™ Clear?

The conversion chart below provides information on the number of scoops of Resource® ThickenUp™ Clear required per 200ml of liquid

STAGES	IDDSI LEVELS	SCOOPS/SACHETS PER 200ml
NATURALLY THICK	LEVEL 1 (SLIGHTLY THICK)	x1 or  x1
STAGE 1 (SYRUP)	LEVEL 2 (MILDLY THICK)	x2 or  x2
STAGE 2 (CUSTARD)	LEVEL 3 (MODERATELY THICK)	x4 or  x4
STAGE 3 (PUDDING)	LEVEL 4 (EXTREMELY THICK)	x8* or  x8*

\*For Level 4 water add Resource® ThickenUp™ Clear as needed, to achieve the appropriate consistency  
1 scoop/1 sachet = 1.2g

Please do **not** make any changes to your food or drink recommendation until you have spoken with your speech and language therapist/healthcare professional

### Where can I find more information?

#### Go online

Visit [www.nestlehealthscience.co.uk/dysphagia](http://www.nestlehealthscience.co.uk/dysphagia) or [www.iddsi.org](http://www.iddsi.org)

#### Talk to your healthcare professional

Your speech and language therapist/healthcare professional will be able to support you with any questions you may have and will have access to the patient information pack 'Your complete guide to dysphagia'.

#### Contact Nestlé Health Science

If you have any questions about Resource® ThickenUp™ Clear, please speak with your speech and language therapist/healthcare professional or alternatively, call the Nestlé Health Science careline on 00800 6887 4846.

