

# Thick & Easy™ Clear

## Thick & Easy™ Clear

Thick & Easy Clear is designed to thicken foods and fluids for patients who have difficulty swallowing. It is used to help people with dysphagia swallow safely.

- Encourages fluid intake, helping to reduce the risk of dehydration
- Doesn't alter the natural appearance, taste or texture of drinks
- Lessens the fear of swallowing



## How could a thickener help me to stay hydrated?

Thickeners are used to modify the consistency of drinks, helping people with dysphagia to control the way they swallow.

They give everyday food and drink a thicker consistency; making meals, snacks and drinks easier and safer to enjoy.

There are various levels of thickness that a liquid can be mixed to, your Speech and Language Therapist (SLT) or Dietitian will have indicated which level of thickness is recommended for you.

## How to thicken drinks with Thick & Easy™ Clear



### Step 1.

Check the IDDSI\* level advised by your SLT or dietitian. Add recommended number of level scoops of powder into an empty dry glass.



### Step 2.

Add 200ml desired liquid to the glass



### Step 3.

Add the liquid quickly, stirring briskly with a whisk or fork until dissolved. Leave to stand.

To watch our guide to mixing liquids with Thick & Easy™ Clear visit  
[www.dysphagia.org.uk/information-and-support/](http://www.dysphagia.org.uk/information-and-support/)

## Thickening larger quantities?

Thick & Easy Clear can be mixed into liquids using a food processor or blender. Keep liquid refrigerated until ready to use.

To aid palatability, you may need to prepare drinks weaker than normal, and some drinks may take longer to reach the final consistency.

Thick & Easy Clear can be used to thicken fruit juice, coffee, tea, alcoholic drinks, meat stock or any other liquid.

## Tips and tricks

- Always make sure that you **sit upright in a 90-degree position** to eat and drink. If you can, it is best to eat all meals at a table to ensure the right posture.
- Always make sure to **set aside some time to eat your meal**. Rushing through a meal can increase the risk of choking and aspiration (when food or liquid makes its way into the lungs).
- Take small, manageable bites of food.
- **Take small sips of water** while eating to help with swallowing but **never take large gulps**. If you are drinking too much while eating, this can also make you feel full before you have eaten enough of a meal.
- Make sure to **chew foods thoroughly** and that your mouth is clear before taking another bite.
- **Don't talk with food in your mouth**; it can increase the risk of choking.
- Try to sit upright for at least 30 minutes after you finish a meal to ensure that food goes down correctly.

## Helping patients to stay hydrated

Fresenius Kabi are sponsors of Hydration Angels. Together we're helping to hydrate the nation. To find out more about becoming a Hydration Angel, visit [www.whatwemadefor.org](http://www.whatwemadefor.org)



## Find out more about dysphagia

For expert information, advice, case studies and the latest developments in clinical dysphagia research, visit [www.dysphagia.org.uk](http://www.dysphagia.org.uk) – the online resource for Health Care Professionals, carers and patients with dysphagia.