

## **Thick and Easy™ Clear Frequently Asked Questions**

### **What are the indications for use?**

Thick & Easy™ Clear is designed to easily thicken food and fluids for patients who have difficulty swallowing (dysphagia).

### **How do I mix Thick and Easy™ Clear?**

1. Add level measured thickener to an empty, **dry** glass/cup
2. Measure desired amount of liquid
3. Add liquid quickly while stirring with a fork or whisk, until the powder dissolves.
4. Leave for a few minutes for liquid to reach desired consistency.

**Note: for best clarity in water, use cooled boiled water.**

### **Does the product thicken over time?**

Once the product has reached its standing time the fluid will not continue to thicken and the fluid will remain stable.

### **Can you use Thick and Easy™ Clear to thicken all drinks, including ONS?**

Yes, all drinks can be thickened with Thick and Easy™ Clear and will retain their natural appearance. The best results are when it is used with cool boiled water.

We would recommend that a Fresubin Thickened would be used where possible instead of thickening an ONS.

### **Can you use Thick and Easy™ Clear in food?**

Thick and Easy™ Clear can be used in both food and drinks. The benefits of the formulation (Clarity, texture) are not apparent when used in food.

We would recommend that the Thick and Easy was used in food as this is an easy to use cost effective option for texture modification.

### **What percentage of water is released back from the powder?**

Research has shown that there were no significant differences in water absorption rates between thickened fluids or pure water irrespective of thickener type.

Thickened Fluids and Water Absorption in Rats and Humans; *Kendall Sharpe; Leigh Ward; Julie Cichero, Peter Sopade and Peter Halley; Dysphagia 22 193-203 (2007).*

### **How should I store Thick and Easy™ Clear?**

Once opened the tin should be resealed with the plastic lid provided, kept in a cool, dry location (15- 25°C) and in a relatively odour free environment.

**Can it be used with Paediatrics?**

It can be used with children over the age of 3, for more information contact Nutrition Service.

**How many scoops are needed for each IDDSI Level?**

Scoops required per 200ml			
Level 1	Level 2	Level 3	Level 4
1	2	3	6

**How many grams are there in a tin and in a scoop?**

There is 126g of Thick and Easy™ Clear in each tin and a level scoop holds 1.4g.

**How many servings are there per tin?**

90 scoops per tin, so 90 level 1 servings

**What are the calories per scoop?**

There are 4.08 calories per scoop

**What are the ingredients?**

- **Maltodextrin** - maltodextrin is a digestible polysaccharide (carbohydrate) that is used as a food additive derived from potato starch and is used for processing rather than thickening.
- **Xanthan gum** - is a polysaccharide which is used as a food additive and is commonly used as a food thickening agent
- **Carrageenan** - indigestible polysaccharide that is extracted from red algae, and is most commonly used in food as a thickener or stabiliser.
- **Erythritol** - food additive naturally which occurs in some fruit.

**Is there a maximum dosage?**

There is not a maximum dosage; this product has been tried and tested and is very safe and well tolerated.

**What is the gum to starch ration?**

It is 2:3 ratio, that is 40% gum to 60% starch

**Is it gluten and lactose free?**

Yes

**Is it suitable for vegans and vegetarians?**

Yes

**Is it Halal and Kosher approved?**

Yes

**What is the shelf life?**

Thick & Easy™ Clear has a shelf life of 3 years from the date of manufacture, once opened it can be stored for 2 years.

	Shelf life	
	From manufacture	From opening
Thick and Easy™ Clear	3 years	2 years
Nutlis Clear	18 months	2 months
Resource Thicken Up Clear	15 months	2 months

**Are there sachets available?**

Yes

**Will there be shakers available?**

Yes, however, Thick and Easy™ Clear is very easily mixed with a fork or whisk and does not require a shaker. If it is over shaken then air bubbles collect taking away from the natural appearance of the drink.

**Can Thick and Easy™ Clear be mixed with medication?**

Always check with your pharmacist or the drug manufacturer that the medication can be mixed with a food and fluid thickener as thickeners may slow down the release of the some medications. First mix the Thick & Easy™ Clear with water to the correct

consistency, as advised by your Speech and Language Therapist. Add the medication in liquid/syrup form. Administer orally as prescribed. Please contact Nutrition Service for more information.