

Preparation Guide



ThickenUP
clear

Measurements

Scan QR code to watch THICKENUP® Clear thickening demonstration video.

<https://www.nestlehealthconnect.com.au/education-centre/dysphagia/thickenup-clear-thickening-demonstration-video>

1 Transparent Scoop* = 1.2g	10 Transparent Scoops = 12g OR 1 Bulk Scoop	1 Bulk Scoop = 12g	Nested Scoops	Level 2 1 Pink Scoop = 2.4g
	20 Transparent Scoops = 24g (½ metric cup) OR 2 Bulk Scoops			Level 3 1 Yellow Scoop = 4.8g
	30 Transparent Scoops = 36g (½ metric cup) OR 3 Bulk Scoops			Level 4 1 Green Scoop = 7.2g

*1 Transparent Scoop (1.2g) = 1 THICKENUP® Clear stick sachet.

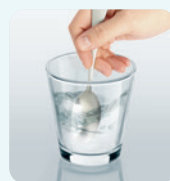
For Basic Liquids[^]



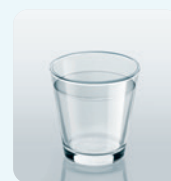
Place required amount of THICKENUP® Clear powder into a clean, dry glass or jug.



Pour prepared liquid over powder.



Stir for 20-30 seconds until the powder has completely dissolved.



Leave to **stand for 1 minute** before serving.

Water, Juice, Cordial, Tea, Coffee [^]	IDDSI Framework			
	Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick	Level 4 Extremely Thick
200mL Liquid (Transparent Scoop)	1 Transparent Scoop	2 Transparent Scoops	4 Transparent Scoops	6 Transparent Scoops [†]
200mL Liquid (Nested Scoops)	–	1 Pink Scoop	1 Yellow Scoop	1 Green Scoop [†]
Water, Juice, Cordial[^]				
1 Litre Liquid (Transparent Scoop)	5 Transparent Scoops	10 Transparent Scoops	20 Transparent Scoops	30 Transparent Scoops [†]
1 Litre Liquid (Bulk Scoop)	–	1 Bulk Scoop	2 Bulk Scoops	3 Bulk Scoops [†]

[^]Refer to a healthcare professional when mixing protein or citric acid containing liquids (e.g. milk, oral nutritional supplements, juice, carbonated and alcoholic beverages). These liquids behave uniquely when mixed with THICKENUP® Clear.

[†]Level 4 Extremely Thick liquids are evaluated as IDDSI compliant based on Spoon Tilt Test.

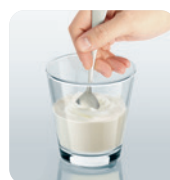
For Milk



Place required amount of THICKENUP® Clear powder into a clean, dry glass or jug.



Add just enough milk to cover powder (~50mL).



Stir for 20-30 seconds or until mixture starts to thicken.



Pour remaining milk into glass. **Wait 15 minutes** then stir and serve immediately.

200mL Light Milk [‡]	IDDSI Framework			
	Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick	Level 4 Extremely Thick
200mL Light Milk[‡]	1 Transparent Scoop	2 Transparent Scoops	4 Transparent Scoops	8 Transparent Scoops [†]
1 Litre Light Milk[‡]	5 Transparent Scoops	10 Transparent Scoops	20 Transparent Scoops	24 Transparent Scoops [†]
200mL Full Cream Milk[#]	1 Transparent Scoop	2 Transparent Scoops	4 Transparent Scoops	8 Transparent Scoops [†]
1 Litre Full Cream Milk[#]	4 Transparent Scoops	11 Transparent Scoops	20 Transparent Scoops	25 Transparent Scoops [†]

Please note: The protein and fat content of milk will vary greatly. Discretion from a healthcare professional must be used when thickening milk to ensure it reaches the correct consistency.

[‡]Recipe based on light milk (fat content 1.0g per 100mL).

[#]Recipe based on full cream milk (fat content 3.4g per 100mL).

[†]Level 4 Extremely Thick liquids are evaluated as IDDSI compliant based on Spoon Tilt Test.

For MILO®

Prepare 200mL of MILO® as per instructions on can[§], then follow the directions below:



Place required amount of THICKENUP® Clear powder into a separate, clean, dry glass.



Add just enough of the prepared MILO® liquid to cover powder (~50mL).



Stir for 10-20 seconds or until mixture starts to thicken.



Pour remaining MILO® liquid into glass. Wait 10 minutes then stir and serve immediately.

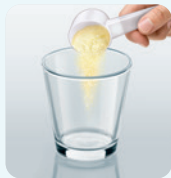
MILO® mixed with Reduced Fat Milk	IDDSI Framework			
	Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick	Level 4 Extremely Thick
200mL warm MILO®	1 Transparent Scoop	2 Transparent Scoops	3 Transparent Scoops	6 Transparent Scoops [†]
200mL cold MILO®	1 Transparent Scoop	2 Transparent Scoops	3 Transparent Scoops	7 Transparent Scoops [†]

[§]3 heaped teaspoons of MILO® into 200mL of reduced fat milk.

[†]Level 4 Extremely Thick liquids are evaluated as IDDSI compliant based on Spoon Tilt Test.

For SUSTAGEN® Hospital Formula (Vanilla or Chocolate Flavour)

Prepare 200mL of SUSTAGEN® Hospital Formula as per instructions on can**, then follow the directions below:



Place required amount of THICKENUP® Clear powder into a separate, clean, dry glass or jug.



Add just enough of the prepared SUSTAGEN® Hospital Formula liquid to cover powder (~50mL).



Stir for 10-20 seconds or until mixture starts to thicken.



Pour remaining SUSTAGEN® Hospital Formula liquid into glass. Wait 5-10 minutes then stir and serve immediately.

SUSTAGEN® Hospital Formula mixed with Reduced or Full Cream Milk	IDDSI Framework			
	Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick	Level 4 Extremely Thick
200mL	1 Transparent Scoop	2 Transparent Scoops	3 Transparent Scoops	5 Transparent Scoops [†]
1 Litre	6 Transparent Scoops	10 Transparent Scoops	14 Transparent Scoops	25 Transparent Scoops [†]

**Mix 3 level scoops (1 x scoop of SUSTAGEN® = 20g) with milk. Use only enclosed scoop.

[†]Level 4 Extremely Thick liquids are evaluated as IDDSI compliant based on Spoon Tilt Test.

For MOVICOL®

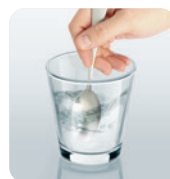
Prepare MOVICOL® as per instructions on pack[¥], then follow the directions below:



Place required amount of THICKENUP® Clear powder into a separate, clean, dry glass.



Add just enough of the prepared MOVICOL® solution to cover powder (~50mL).



Stir for 10-20 seconds or until mixture starts to thicken.



Pour remaining MOVICOL® solution into glass. Wait 5-10 minutes then stir and serve immediately.

MOVICOL® mixed with water	IDDSI Framework			
	Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick	Level 4 Extremely Thick
125mL	Not applicable^^	1 Transparent Scoop	2 Transparent Scoops	5 Transparent Scoops [†]

[¥]1 sachet of MOVICOL® in 125mL of water. MOVICOL® Liquid Orange Concentrate can also be thickened once 25mL of concentrate is diluted to 125mL with water.

^{^^}If level 1 is required contact your healthcare professional for guidance. [†]Level 4 Extremely Thick liquids are evaluated as IDDSI compliant based on Spoon Tilt Test.

THICKENUP® Clear is a food for special medical purposes for the dietary management of people with swallowing difficulties. Must be used under medical supervision.

Nutritional supplements can only be of assistance where dietary intake is inadequate. Please seek advice on your individual dietary needs from an Accredited Practising Dietitian or your healthcare professional. SUSTAGEN® Hospital Formula is a formulated meal replacement and cannot be used as total diet replacement. Consume as part of a varied and balanced diet and healthy lifestyle.

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