

Patient information

Level 1 Slightly Thick Fluids

Speech and Language Therapy

1 SLIGHTLY THICK

All drinks need to be thickened to a **Level 1 Slightly Thick** consistency. This is colour coded **Grey** on the tin of the thickener.

Following assessment of your swallow, you have been advised to have Level 1 Slightly Thick Fluids.

When thickened, Level 1 drinks:

- Are a similar thickness to single cream.
- Leave a thin coat on the back of a spoon.
- Are slightly thicker than water.

Instructions for mixing up a Level 1 / Slightly Thick Fluid:

In hospital you will have been using Nutricia Nutilis Clear thickening powder. The instructions on how to mix Level 1 drinks are on the side of the tin. Should you have any doubt, please refer to the label on the tin.

If advised or preferred, you can use a shaker to mix drinks.

1



Measure out 200ml of drink and pour into a cup / glass.

2



Add one scoop of Nutilis Clear Powder.

3



**Mix with a fork for 30 seconds.
Allow to stand for one minute before
drinking.**

Advice to promote swallow safety:

- Ensure you are upright and alert for all meals and drinks.
- Stay upright for at least 30 minutes after every meal or drink.
- Try not to talk whilst eating and drinking.
- Take small mouthfuls of food or drink.
- Avoid distractions during mealtimes.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further information

Speech and Language Therapy Department

Aintree Hospital

Telephone: 0151 529 4986

Text phone number: 18001 0151 529 4986

Broadgreen Hospital

Telephone: 0151 282 6318

Text phone number: 18001 0151 282 6318

Royal Liverpool Hospital

Telephone: 0151 706 2703

Text phone number: 18001 0151 706 2703

International Dysphagia Diet Standardisation Initiative (IDDSI) <https://iddsi.org/framework/>

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Review date: December 2024

All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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در صورت تمایل می‌توانید کلیه اطلاعات تصویب شده توسط اتحادیه در رابطه با بیماران را به اشکال مختلف در دسترس داشته باشید، از جمله به زبانهای دیگر، به زبان ساده، چاپ درشت، صوت، خط مخصوص کوران، مون و بصورت روی خطی موجود است.

زانیاری پیوندیدار بهو نهخوشانهی له‌لایمن تراستهوه پسامند کراون، نگمر داوا بکریت له فور ماتمکانی تر دا بریتی له زمانمکانی تر، نیز ی رید (هاسان خویندهوه)، چاپی گموره، شریتی دنگ، هیلای موون و نملیکترونیکی همیه.

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Dhammaan warbixinta bukaanleyda ee Ururka ee la oggol yahay waxaa marka la codsado lagu heli karaa nuskhadda kale, sida luqadda kale, akhris fudud, far waaweyn, dhegeysi, farta braille ee dadka indhaha la', Moon iyo nidaam eletaroonig ah.