

SUPPLEMENTARY PREPARATION SUPPORT

Preparation considerations and example standing times for thickening fluids other than water with Nutilis Clear



INTRODUCTION

We developed this resource to provide practical support for Speech and Language Therapists (SLT) when preparing thickened fluids other than water - milk, hot drinks and juice - using Nutilis Clear.

It is intended to provide a useful reference to support consistent preparation, outlining key considerations, preparation tips and example standing times for different fluid types.

This resource is supplementary and does not replace Nutilis Clear product information, local protocols or individualised assessment. The content is based on results from local internal testing and is provided for additional support only. SLTs should refer to the Nutilis Clear product information, including the scoop chart and full directions for use.

Individual thickening results may vary depending on the fluid being prepared. Factors such as temperature, pH, mineral content and macronutrient composition can influence the final consistency achieved.

Use of this resource is at the discretion of the managing SLT and should be considered alongside IDDSI level recommendations, clinical judgement and local protocols.

This information is intended for healthcare professionals only.

Nutilis Clear is a Food for Special Medical Purposes for the dietary management of dysphagia and must be used under medical supervision.








PRACTICAL PREPARATION SUPPORT

For thickening fluids other than water

PRACTICAL PREPARATION STEPS

For drinks other than water:

-  **1** Add the required amount of Nutilis Clear to a cup or glass.
-  **2** Pour in 200 ml of your chosen liquid.
-  **3** Mix vigorously for 30–60 seconds using a fork or milk whisk.
-  **4** Leave to stand for at least 5 minutes, or until the desired consistency is reached, using the standing times in this resource as a guide.
-  **4** Stir again for at least 5-seconds before assessing consistency and serving. Drinks that require a longer standing time may benefit from an additional 15-30 second stir before assessment.

TIPS TO SUPPORT CONSISTENT PREPARATION

TO SUPPORT SMOOTH AND UNIFORM MIXING:

- Add all the powder before the liquid to promote even hydration and consistent mixing.
- Begin mixing immediately after the liquid is added. Prompt and thorough mixing supports optimal dispersion helping to achieve a smooth and uniform consistency.
- If a drink does not mix as expected or a uniform consistency is not achieved, discard and re-prepare.
- Always use a clean, completely dry glass, cup, or shaker - residual moisture may interfere with dispersion and contribute to sediment formation and/or lumps.
- When preparing milk or milk-based drinks, be aware that natural variation in macronutrient and mineral content may influence mixing behaviour. As a result, a longer standing time compared with water may be needed to achieve the desired consistency.

STANDING TIME CONSIDERATIONS:

- If the drink has not yet reached the desired consistency, allow additional standing time rather than adding more thickener. Always confirm the desired thickness directly before consumption.
- SLTs are encouraged to conduct local testing using familiar brands or service user-specific liquids, working with the MDT where appropriate, to help establish typical local standing times and support consistent practice. Differences between products (e.g. fat content, added ingredients and processing) may influence thickening behaviour and final consistency.
- For drinks requiring longer standing times, intermittent stirring may help support more consistent thickening.



CLINICAL CONSIDERATION

Preparing fluids other than water to IDDSI Level 1 often requires a standing time of more than 10 minutes. SLTs may wish to undertake a risk assessment to ensure that, where clinically indicated - such as in cases of cognitive impairment - the drink is stored safely and kept out of the service user's reach during this standing period.



MILK & MILK ALTERNATIVES

Standing times from local internal testing



FULL FAT MILK

Chilled ($6 \pm 1^\circ\text{C}$)

IDDSI level	No. of scoops	Standing time (minutes)
1	1	45
2	2	15
3	3	10
4	7	10



SEMI-SKIMMED MILK

Chilled ($6 \pm 1^\circ\text{C}$)

IDDSI level	No. of scoops	Standing time (minutes)
1	1	25
2	2	10
3	3	10
4	7	10



SKIMMED MILK

Chilled ($6 \pm 1^\circ\text{C}$)

IDDSI level	No. of scoops	Standing time (minutes)
1	1	25
2	2	10
3	3	10
4	7	10



SOYA MILK (ORIGINAL)

Chilled ($6 \pm 1^\circ\text{C}$)

IDDSI level	No. of scoops	Standing time (minutes)
1	1	20
2	2	15
3	3	10
4	7	5

Room Temperature ($25 \pm 1^\circ\text{C}$)

IDDSI level	No. of scoops	Standing time (minutes)
1	1	35
2	2	10
3	3	8
4	7	10

Room Temperature ($25 \pm 1^\circ\text{C}$)

IDDSI level	No. of scoops	Standing time (minutes)
1	1	30
2	2	10
3	3	10
4	7	10

Room Temperature ($25 \pm 1^\circ\text{C}$)

IDDSI level	No. of scoops	Standing time (minutes)
1	1	30
2	2	10
3	3	10
4	7	10

Room Temperature ($25 \pm 1^\circ\text{C}$)

IDDSI level	No. of scoops	Standing time (minutes)
1	1	10
2	2	8
3	3	8
4	7	5

COFFEE, TEAS & JUICE

Standing times from local internal testing



Capsule/pod (Black)

IDDSI level	No. of scoops	Standing time (minutes)
1	1	5
2	2	5
3	3	8
4	7	5

Instant (Black)

IDDSI level	No. of scoops	Standing time (minutes)
1	1	12
2	2	10
3	3	10
4	7	9



- Allow hot drinks to cool slightly before thickening.
- Do not reheat.

*Tea or coffee containing milk can be thickened. However, when milk is added prior to thickening (rather than thickening black tea or coffee first), we find a longer standing time is typically required to achieve the intended consistency.



English Breakfast (Black)

IDDSI level	No. of scoops	Standing time (minutes)
1	1	5
2	2	5
3	3	5
4	7	5

Adding milk to tea or coffee:

For best results, thicken your drink black first, then add milk.

1. Add the required number of scoops of Nutilis Clear to a clean, dry cup.
2. Pour in 190 ml of slightly cooled brewed black tea or coffee, then mix vigorously for 30-60 seconds using a fork or a milk whisk. Ensure the powder is fully dissolved and no sediment remains at the bottom. Allow the drink to thicken until it reaches your desired consistency, using the standing times in this resource as a guide.
3. Add 10ml (2 teaspoons) of your preferred milk and stir to combine.
4. Leave to stand until the desired consistency is reached (~15-30 seconds). Stir again for at least 5-seconds before assessing consistency and serving.



ORANGE JUICE (FRESH, NOT FROM CONCENTRATE, SMOOTH)

Chilled (6 ± 1°C)

IDDSI level	No. of scoops	Standing time (minutes)
1	1	15
2	2	8
3	3	7
4	7	5

Room Temperature (25 ± 1°C)

IDDSI level	No. of scoops	Standing time (minutes)
1	1	13
2	2	5
3	3	10
4	7	5