










Food & Drink Guidelines

Patient Name: _____

Date: _____

Fluid Consistency		Food		
<h2>Grade 2 Syrup</h2>				
 <p>* Do not add additional Nutilis during standing time</p>	 <p>Water/Fruit Juice</p>	 <p>Add any sugar and milk first, and allow to cool slightly prior to thickening.</p> <p>Tea/Coffee</p>	 <p>milk</p>	 <p>Fortisip</p>
<p>Scoops of Nutilis required per 200ml</p>	<h1>2</h1> 	<h1>3</h1> 	<h1>3</h1> 	<h1>3</h1> 
<p>Please turn over page for thickening instructions</p>				
<h2>Additional Information</h2>				

Please contact _____, Speech & Language Therapist, bleep _____ if you have any questions or signs of aspiration are observed.

IF THE PATIENT'S CHEST STATUS DETERIORATES OR S/HE BECOMES PYREXIAL, DISCONTINUE ORAL INTAKE.

Note: Forti juice (per 200ml) requires 4 Scoops of Nutilis



How do you use Nutilis Powder?

Thickening drinks...

1. Add the prescribed amount of Nutilis to the drink in a shaker preferably, or else a beaker / glass / mug.
2. Shake or whisk vigorously for approximately 10-20 seconds until all the powder is dissolved.
3. Remove the lid
4. Allow to stand for a few minutes until the desired consistency is reached.



Thickening puréed foods...



1. Purée the food you want to thicken so it is completely smooth and free from any lumps. Ideally sieve the purée, especially for foods with 'husks' (e.g. peas and sweetcorn).



2. Add the necessary number of scoops of Nutilis to the purée and stir it well.



3. Allow the food to stand until it reaches the required consistency.



4. The food can now be served or chilled / frozen for later use.

Do not add additional Nutilis during standing time as the liquid is continuing to thicken.

Additional Tips.....

Mixing hot drinks: For optimal results and safety, please allow hot drinks to cool for 8 minutes prior to thickening. The use of the shaker is not recommended for hot drinks. However, if using the shaker for hot drinks, please make sure the lid is securely tightened, shake lightly and remove the lid immediately after shaking. Let the prepared liquid stand for a few minutes to achieve the desired thickness. Do not add additional Nutilis during standing time as the liquid is continuing to thicken. If desired or needed, drinks may be heated in the microwave after the addition of Nutilis. If reheating thickened hot drinks please ensure they are reheated immediately. Please be careful with drinks containing milk to ensure there are no microbiological issues.

Mixing cold drinks: (temperature < 7°C): For optimal results, allow the cold drink to stand for a few minutes prior to thickening. Let the prepared liquid stand for a few minutes to achieve the desired thickness.

Mixing carbonated drinks: Please use caution when thickening carbonated drinks, and stir to reduce fizz before shaking. Make sure the lid is securely tightened and remove the lid immediately after shaking.

For further information, call our Customer Care Team on Freephone (ROI) 1800 923 404 or (NI) 0800 783 4379

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