



Everyone deserves a cuppa

Prevent dehydration and its associated healthcare costs by ensuring correct hydration for those with dysphagia. Prepare everyday drinks for everyone, with Thick & Easy™.

*Thick
& Easy™*



HYDRATION GUIDE



**FRESENIUS
KABI**

caring for life

Making hydration safe for everyone

Patients with swallowing problems are likely to require a texture-modified diet and thickened drinks. When used correctly these enable patients to swallow safely and meet their requirements for energy, nutrients and fluid, while reducing the risk of aspiration.¹

£950 million could be saved annually by the NHS through proper hydration²

50% of nursing home residents may have dysphagia³

55% of older people with dysphagia are at risk of malnutrition⁴

Number of Thick & Easy™ tins (225 g) required per month* based on average adult fluid requirements (approximately 6-10 250 ml cups daily)⁵⁻⁸

Amount of fluid per day	6 cups (1500 ml) ⁶⁻⁸	8 cups (2000 ml) ⁶⁻⁸	10 cups (2500 ml) ^{5,7,8}
Stage 1 (Syrup consistency) ⁹	8	11	14
Stage 2 (Custard consistency) ⁹	13	17	21
Stage 3 (Pudding consistency) ⁹	17	22	28

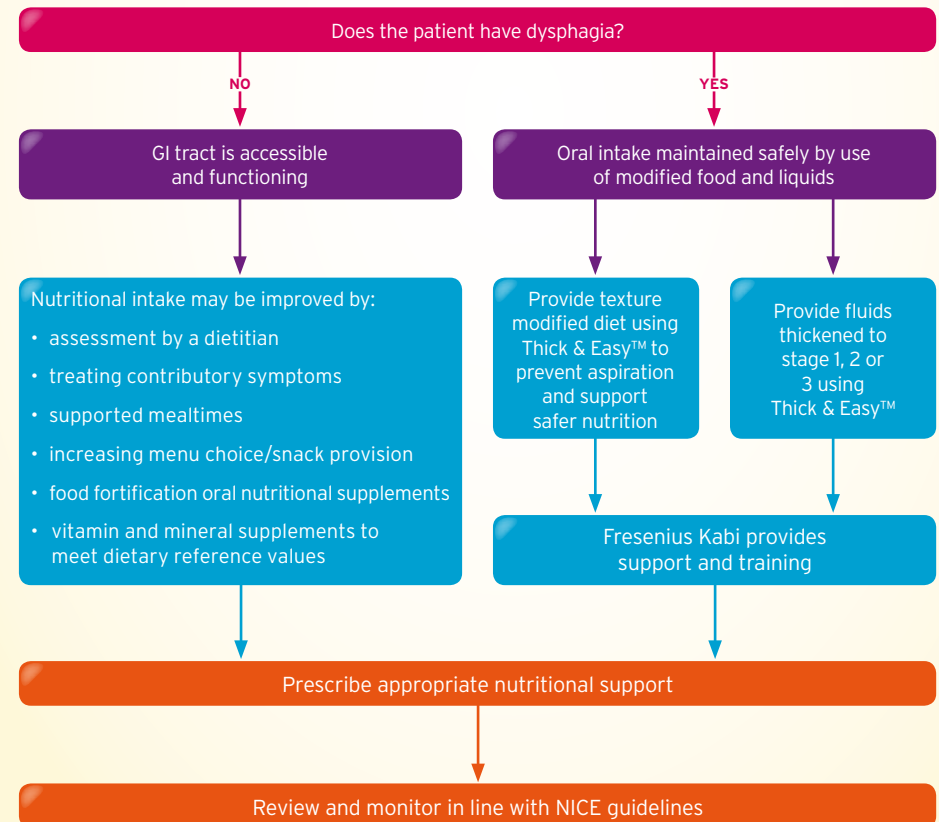
*28 days

Drinking well with Thick & Easy™

Drinks can increase the risk of aspiration as patients struggle to control liquids in their mouths. Thick & Easy™ makes hot and cold drinks much easier to manage by thickening liquids and slowing down the swallowing process.

Patients identified as malnourished or at risk of malnourishment are referred for nutritional assessment by a suitably qualified healthcare professional (HCP), such as a dietitian, in line with local policies. Patients identified with indicators for dysphagia are referred for assessment by an HCP with specialist training in swallowing disorders such as a speech and language therapist.

Appropriate nutritional support in those with dysphagia. Adapted from NICE (2006)¹¹



Thick & Easy™ making food and drink good for everyone

For expert information, advice, case studies, and the latest developments in clinical dysphagia research, visit www.dysphagia.org.uk - the online resource for HCPs, carers and patients with dysphagia.

Alternatively, call Fresenius Kabi on 01928 533533 or find us at www.fresenius-kabi.co.uk

Order codes

Product	Order code
Thick & Easy™ 9 g sachet	7917661
Thick & Easy™ 225 g tin	7931333
Thick & Easy™ 4.54 kg catering pack	7931334

Nutritional information

Typical values	Per scoop (4.5 g)	Per 100 g
Energy kj/kcal	70/16.8	1561/373
Protein g	Trace	0.4
Carbohydrate g	4.2	92.6
Fat g	Trace	<0.1
Sodium mg (mmol)	8 (0.3)	174 (7.4)

Ingredients

Modified maize starch (E1442), maltodextrin.
Gluten free and lactose free

References

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