

Consistent Clarity

Thick & Easy™ Clear
Product Guide



Verbatim patient quote,
Fresenius Kabi data on file
- Thick & Easy™ Clear
Acceptability Study Report Sept 2014



Providing safe and effective hydration for all

Understanding the risks

Dysphagia describes any difficulty or pain in eating, drinking or swallowing and affects people with a range of conditions.^{1,2} Dysphagia patients are at a higher risk of aspiration pneumonia, choking and dehydration.

Minimising the risks

Effective texture modification of drinks can help prevent the risks associated with dysphagia. Regular fluid intake can help to ensure your patients remain sufficiently hydrated.

Reasons to choose Thick & Easy™ Clear

Thick & Easy™ Clear can be used to modify the consistency of drinks, helping people with dysphagia to control their swallow.

Thick & Easy™ Clear:

- Is a gum based thickener
- Does not alter the natural appearance, taste or texture of drinks³
- Retains a consistent thickness over time
- Facilitates confidence to drink and lessens the fear of swallowing
- Encourages fluid intake, thus reducing the risk of dehydration

Helps patients to regain a sense of normality



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Drinking well with Thick & Easy™ Clear

Thick & Easy™ Clear can be used to thicken both hot and cold drinks. Altering the consistency of a drink can help to ensure a safe swallow.

National Descriptors (UK only)

Stage 1	Stage 2	Stage 3
<ul style="list-style-type: none">Can be drunk through a straw	<ul style="list-style-type: none">Cannot be drunk through a straw	<ul style="list-style-type: none">Cannot be drunk through a straw
<ul style="list-style-type: none">Can be drunk from a cup if preferred	<ul style="list-style-type: none">Can be drunk from a cup	<ul style="list-style-type: none">Cannot be drunk from a cup
<ul style="list-style-type: none">Leaves a thin coat on the back of a spoon	<ul style="list-style-type: none">Leaves a thick coat on the back of a spoon	<ul style="list-style-type: none">Needs to be taken with a spoon

Tins required in a month*†4

	Syrup [‡] (Stage 1)	Custard [‡] (Stage 2)	Pudding [‡] (Stage 3)
1000 ml	3	6	9
1500 ml	5	9	14
2000 ml	6	12	19

Mixing directions

1. Add level measured thickener into empty, dry glass
2. Measure the desired amount of liquid
3. Add liquid quickly while stirring briskly with a whisk or fork, until dissolved

Guidelines for liquids

	Syrup [‡] (Stage 1)	Custard [‡] (Stage 2)	Pudding [‡] (Stage 3)
Per 100 ml	1 scoop	2 scoops	3 scoops
Per 200 ml	2 scoops	4 scoops	6 scoops

1 scoop = 1.4 g

*Number of Thick & Easy™ Clear tins (126 g) required per month based on average adult fluid requirements

†Based on 1 month = 28 days

‡National Descriptors - UK only

Thick & Easy™ Clear – helping patients rediscover the joy of drinking

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 code

Product	Order code
Thick & Easy™ Clear 126 g tin	7195401

Nutritional information

Typical values	Per 100 g	Per scoop (1.4 g)
Energy kcal (kJ)	291.1 (1221.3)	4.08 (17.1)
Protein g	0.9	0.01
Carbohydrate g	88.2	1.2
Fat g	<0.1	<0.01
Fibre g	31	0.43
Sodium mg (mmol)	1344 (58.4)	18.8 (0.8)

Ingredients

Maltodextrin, Xanthan Gum, Carrageenan, Erythritol (Gluten and lactose free).

Important notes: To be used under medical supervision only. Not suitable as a sole source of nutrition. Intended for use as a food and beverage thickener and as such not intended to contribute significantly to energy intake. Not suitable for children under 3 years of age.

References:

1. NICE (2006). Nutrition Support in Adults: Oral nutrition support, enteral tube feeding and parenteral nutrition. Available at: <http://www.nice.org.uk/guidance/cg32/resources/guidance-nutrition-support-in-adults-pdf>. Date accessed: May 2015.
2. NHS London (2012). Oral Nutritional Support Toolkit. Available at: https://www.networks.nhs.uk/nhs-networks/ahp-networks/ahp-qipp-toolkits/AHP_ONS_Pathway_final.pdf/view. Date accessed: May 2015.
3. Fresenius Kabi data on file - Thick & Easy™ Clear - Acceptability Study Report Sept 2014.
4. British Dietetic Association (2013) Food Fact Sheet - Fluid. Available at: <http://www.bda.uk.com/foodfacts/fluid.pdf>. Date accessed: May 2015.