

# Speech and Language Therapists swallow assessments

## Speech and Language Therapists swallow assessments - Option 1

### Required:

Nutlis x 1 tin  
Shaker x 1  
Spoon x 1  
Fork x 1  
Water 160ml  
Cordial\* approx 40ml

### Procedure:

1. Pour approximately 40 ml cordial into the shaker. Add the water to a total volume of 200ml
2. Add 1.5 scoops of Nutlis powder
3. Screw the lid on tightly and shake vigorously for 20 seconds
4. Shake gently for 1-2 minutes
5. Unscrew the lid and mix with a fork
6. Judge the consistency and give some thickened drink to the patient on a spoon
7. Add 0.5 scoops of Nutlis powder to the liquid in the shaker
8. Screw the lid on tightly and shake vigorously for 20 seconds
9. Unscrew the lid and mix with a fork
10. Judge the consistency and give some thickened drink to the patient on a spoon
11. Repeat steps 7 to 10 adding a maximum of 1 scoop of Nutlis at a time.

*\* For best results please use cordial.*

## Speech and Language Therapists swallow assessments - Option 2

### Required:

Nutlis x 1 tin  
Shaker x 1  
100ml measurement cups x 2  
Drinking cups x 3 (approx 70ml)  
Water 280 ml

### Procedure:

1. Pour approximately 160ml water into the shaker
2. Add 4 scoops of Nutlis powder
3. Screw the lid on tightly and shake vigorously for 10-20 seconds
4. Shake gently for 10-20 seconds
5. Unscrew the lid and pour 50ml of the stage 3 (extremely thick) consistency thickened drink into a drinking cup
6. Add 40 ml water to the thickened drink in the shaker
7. Screw the lid on tightly and shake vigorously for 20 seconds
8. Unscrew the lid and pour 50ml of the stage 2 (moderately thick) consistency thickened drink into a drinking cup
9. Add 80ml water to the thickened drink in the shaker
10. Screw the lid on tightly and shake vigorously for 20 seconds
11. Unscrew the lid and pour 50ml of the stage 1 (mildly thick) consistency thickened drink into a drinking cup
12. The patient can immediately sample the stage 1 (mildly thick) consistency thickened drink
13. After a few minutes the stage 2 (moderately thick) and stage 3 (extremely thick) consistency thickened drinks may be sampled.