

Option 1 - Recommended

Using the shaker:*

1. Pour the drink in to the shaker
2. Add the recommended amount of Nutilis as advised by a Speech and Language Therapist to obtain the required consistency
3. Screw the lid on tightly and shake vigorously until the powder is well dissolved (approx 5-10 seconds)
4. Stir the drink gently for 1 to 2 minutes
5. Leave to stand for a few minutes whilst the drink is reaching the desired thickness.

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

Option 2

Using a fork or small whisk in the shaker/tall cup:

1. Pour the drink in to a shaker or tall cup
2. Add the recommended amount of Nutilis as advised by a Speech and Language Therapist to obtain the required consistency
3. Stir vigorously until the powder is well dissolved (20-30 seconds),
4. Stir gently for 1 to 2 minutes
5. Leave to stand for a few minutes whilst the drink is reaching the desired thickness.

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

Option 3

Using a fork or small whisk in a cup:

1. Pour half the drink into a cup
2. Add the recommended amount of Nutilis as advised by a Speech and Language Therapist to obtain the required consistency
3. Stir until the powder is moistened and a smooth consistency is achieved.
4. Add the rest of the liquid to the cup.
5. Stir the drink for approx 1-2 minutes until a smooth thickened solution is achieved.
6. Leave to stand for a few minutes whilst the drink is reaching the desired thickness.

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

** Please use the Nutilis shaker with caution when preparing hot drinks and ensure the lid is securely closed. See next page for additional tips for hot, cold and carbonated drinks.*

Hot drinks* (Temperature > 60 °C):

For optimal results and safety please allow hot drinks to cool slightly prior to thickening. If desired or needed drinks may be heated in the microwave after the addition of Nutilis.*

Let the prepared liquid stand for a few minutes to achieve the desired thickness.

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

Please note: if reheating thickened hot drinks please ensure they are reheated immediately after thickening and not left. If a drink contains milk it should be used within 2 hours to avoid spoilage.

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.

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

*Shaker available free from the Resource Centre

Carbonated drinks (cola, lemonade):

For optimal results stir carbonated drinks until the drink has gone flat and most of the foam has settled before adding Nutilis powder.

Nutilis Mixing Instructions: Large Volumes

For consumption within 8 hours of preparation:

1. Pour the required amount of liquid in to a container
2. Add the recommended amount of Nutilis as advised by a Speech and Language Therapist to obtain the required consistency
3. Mix vigorously with a whisk until the powder is well dissolved (approx 20-30 seconds)
4. Stir gently for 1 to 2 minutes
5. Pour the drinks in the individual cups after 3 to 5 minutes
6. Leave to stand for 10 minutes whilst the drinks are reaching the desired thickness for consumption
Do not add additional Nutilis during standing time as the liquid is continuing to thicken
7. Serve the drinks

For bulk preparation of drinks to be consumed over 8 hours after preparation it is recommended to use about 95% of the advised amount of powder to ensure the consistency does not become too thick. The consistency should be judged after 10 minutes, and additional Nutilis may then be added if required.

The following tables indicate the number of scoops required to reach the desired consistency for stage 1 (syrup), stage 2 (custard) and stage 3 (pudding)* thickened drinks for patients with dysphagia :

	Volume	Stage 1 (syrup)	Stage 2 (custard)	Stage 3 (pudding)
Water	200 ml	2 - 3	3 - 4	4 - 5
Cordial	200 ml	2 - 3	3 - 4	4 - 5
Orange juice	200 ml	2 - 3	3 - 4	4 - 5
Apple juice	200 ml	2 - 3	3 - 4	4 - 5
Milk	200 ml	3 - 4	4 - 5	5 - 6
Cola	200 ml	3	4	5
Lemonade	200 ml	3	4	5
Tea	200 ml	2 - 3	4	5
Coffee	200 ml	2 - 3	4	5
Hot chocolate	200 ml	2 - 3	3	4
Lager beer	200 ml	3	4	5
White wine	200 ml	4	5	6
Red wine	200 ml	3 - 4	5	6
Fortisip	200 ml	3	4 - 5	7
Fortisip Extra	200 ml	2 - 3	3 - 4	5
Fortisip Yogurt Style	200 ml	2 - 3	3 - 4	5
Fortisip Multi Fibre	200 ml	3	4 - 5	7
Fortijuice	200 ml	3 - 4	5 - 6	8

Please note: the quantity of Nutilis required may vary slightly depending on the temperature or thickness of the liquid to be thickened.