

Thickened Fluids

Name: _____ Date: _____

Dietitian: _____

Speech Language Pathologist: _____

Occupational Therapist: _____

If you have questions after leaving the hospital,
Call 8-1-1 to speak to a Registered Dietitian.

For an interpreter, say your language in English.
Wait until the interpreter comes on the phone.

We recommend you have 'Thickened Fluids'. This means you only drink naturally thick or thickened fluids.

Why can't I drink thin fluids?

Some people have trouble swallowing when drinking thin fluids. When you have trouble swallowing, this is called 'dysphagia' (sounds like dis-fay-jah).

Some people with dysphagia need to avoid thin fluids. This is because thin fluids can be hard to control in your mouth, and can go down the wrong way. If this happens, you could choke. If the fluid goes into your lungs, you could get a lung infection (pneumonia). This is called 'aspiration' (sounds like ass-per-ay-shun).

Thin fluids include water, juice, tea, coffee, milk, pop, and thin soups (such as broth or consommé).

Avoid:

- Some juicy fruits, like melons, because their juices are considered a thin fluid
- Any frozen fluid that, when melted to room temperature, becomes a thin fluid (examples: ice cubes, gelatin, popsicles, ice cream, smoothies)
- Thin fluids mixed with solid foods (examples: cereal with milk, chicken noodle or minestrone soup)

Which fluid thickness is safest for me?

Drink the thickness fluid checked off (☑) here by your dietitian, speech-language pathologist, or occupational therapist.



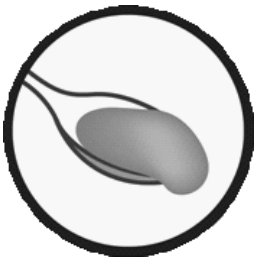
Nectar thick

Nectar thick fluids pour slowly from a cup or spoon. Example: eggnog.



Honey thick

Honey thick fluids pour very slowly from a spoon or cup and need a spoon to drink or eat. Example: honey.



Pudding thick

Pudding thick fluids are very thick and need a spoon to eat. They hold their shape and are firm. Example: pudding.

How much thickened fluid do I need each day?

You need to drink cups or mLs each day.

Thickened drinks, thickened soups, as well as pureed fruits and non-starchy vegetables all count towards the total amount of fluids each day.

How do I thicken fluids?

You buy either pre-thickened drinks or thickening powder. Ask at your local pharmacy. If they don't have any in stock, ask if they can order some for you.

Thickening Powders

Product	Ingredients	Notes
Resource® Thicken Up® Clear	- corn and potato maltodextrin - xanthan gum - potassium chloride	- free of gluten, wheat, soya, egg - lactose free: 1.4g stick packs, 5kg bulk
Resource® Thicken Up®	- modified corn starch	- free of gluten, wheat, milk, soya, egg
Thicken Thin™ Clear	- xanthan gum - maltodextrin - erythritol	- free of gluten, wheat, milk, corn, peanut, shellfish
Thicken-Thin™	- modified corn starch	- free of gluten, wheat, milk, peanut, shellfish
Simply Thick™	- water - xanthan gum - citric acid - sodium benzoate (preservative) - potassium sorbate (preservative).	- free of milk, lactose, egg, soy, nuts, corn, wheat gluten

Suggested Ready-to-Serve thickened drinks

Brand	Examples
Nestle Nutrition Resource® Thicken Up® - Available in honey-like and nectar-like thickness	Thickened Apple Juice Thickened orange juice Thickened cranberry cocktail Thickened water Thickened dairy beverage (made with 2% milk)

Images used and content adapted with permission: Vancouver Coastal Health BB.200.T346 Thickened Fluids (July 2013)

www.fraserhealth.ca

This information does not replace the advice given to you by your healthcare provider.

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To order: patienteduc.fraserhealth.ca

