

Preparation Guide



INTRODUCING

ThickenUP[®] Gel Express

Instant food & drink liquid thickener

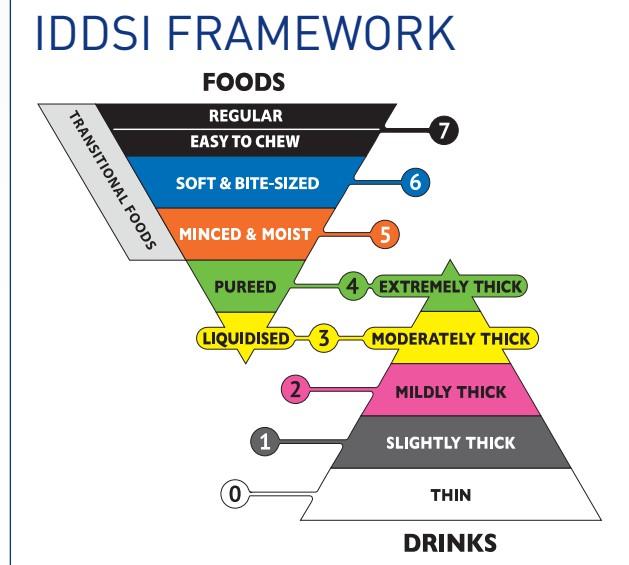
HOW TO PREPARE THICKENUP[®] GEL EXPRESS BOTTLE

- 1** **Wash** your hands
- 2** **Extract** the dispenser pump
- 3** **Insert** the tube
- 4** **Unlock**
- 5** **Shake**
- 6** **Insert** and tighten
- 7** **Prime** 5x
- 8** **Ready** for use

Gently wipe dispenser nozzle with alcohol wipe at the end of each day. **DO NOT WASH DISPENSER. DO NOT REUSE DISPENSER IN ANOTHER BOTTLE.**

HOW TO PREPARE BEVERAGES

- 1** **Add 150mL** of beverage to a clean glass or cup.
- 2** **Pump required amount** of THICKENUP[®] Gel Express into beverage.
- 3** **Stir for 30 seconds.**
- 4** **Wait a minimum of 5 minutes** for the liquid to thicken until the desired consistency is reached.



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[@https://iddsi.org/framework/](https://iddsi.org/framework/)

The International Dysphagia Diet Standardisation Initiative (IDDSI) framework is a global initiative, formed by a range of experts with the goal to develop global standardised terminology and descriptors to describe texture modified foods and thickened fluids, and improving the safety of patients with dysphagia. The framework is a continuum of eight levels (0-7), which are identified by numbers, text labels and colour codes. IDDSI provides descriptors and testing methods for each level. For details, visit www.iddsi.org

	IDDSI [^] Framework			
Hot and Cold Beverages*	Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick	Level 4 Extremely Thick**
150mL liquid	1 pump	2 pumps	4 pumps	6 pumps [‡]

1 pump = 1 dose = 4.6mL. [^]International Dysphagia Diet Standardisation Initiative. *Refer to a healthcare professional when mixing complex liquids such as carbonated and alcoholic beverages. These liquids behave uniquely when mixed with THICKENUP[®] Gel Express. Please check consistency of all prepared liquids before serving. **For IDDSI Level 4, limit the 150mL servings to 7/day. [‡]Level 4 Extremely Thick liquids are evaluated as IDDSI compliant based on Spoon Tilt Test.

Once opened, use within 8 weeks. No refrigeration required after bottle is opened.

THICKENUP[®] Gel Express is a food for special medical purposes for the dietary management of people with swallowing difficulties. Must be used under medical supervision.

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