

### Patient information

# **Level 4 Extremely Thick Fluids**

Speech and Language Therapy



# **EXTREMELY THICK**

All drinks need to be thickened to a **Level 4 Extremely Thick** consistency.

This is colour coded Green on the tin of thickener.

Following assessment of your swallow, you have been advised to have Level 4 Extremely Thick Fluids.

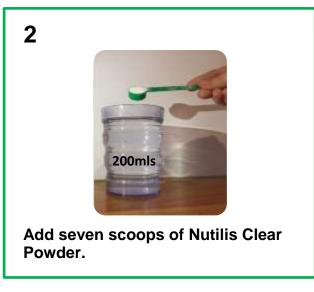
#### When thickened, Level 4 drinks:

- Are a similar thickness to smooth thick and creamy yogurt.
- Cannot be drunk from a cup; need to be taken with a teaspoon.
- Are thick enough that a spoon will stand up in the cup.

#### Instructions for mixing up a Level 4 Extremely Thick Fluid:

In hospital you will have been using Nutricia Nutilis Clear thickening powder. The instructions on how to mix Level 4 drinks are on the side of the tin. Should you have any doubt, please refer to the label on the tin.





LUHFT PIF 2044 V1

3



200mls

Mix with a fork for 30 seconds.

Allow to stand for one minute before drinking.

#### Advice to promote swallow safety:

- Ensure you are upright and alert for all meals and drinks.
- Stay upright for at least 30 minutes after every meal or drink.
- Do not eat or drink when lying down as it is difficult and unsafe to swallow in this way.
- Try not to talk whilst eating and drinking.
- Take small mouthfuls of food or drink.
- Avoid distractions during mealtimes.

#### **Feedback**

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

#### **Further information**

## Speech and Language Therapy Department

Aintree Hospital

Telephone: 0151 529 4986

Text phone number: 18001 0151 529 4986

**Broadgreen Hospital** 

Telephone: 0151 282 6318

Text phone number: 18001 0151 282 6318

Royal Liverpool Hospital Telephone: 0151 706 2703

Text phone number: 18001 0151 706 2703

LUHFT

# International Dysphagia Diet Standardisation Initiative (IDDSI) https://iddsi.org/framework/

Author: Therapies Department Review date: December 2024

All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

يمكن توفير جميع المعلومات المتعلقة بالمرضى الموافق عليهم من قبل ائتمان المستشفى عند الطلب بصيغ أخرى، بما في ذلك لغات أخرى وبطرق تسهل قراءتها وبالحروف الطباعية الكبيرة وبالصوت وبطريقة برايل للمكفوفين وبطريقة مون والكترونيا.

所有經信托基金批准的患者資訊均可以其它格式提供,包括其它語言、 易讀閱讀軟件、大字

體、音頻、盲文、穆恩體(Moon)盲文和電子格式,敬請索取。

در صورت تمایل میتوانید کلیه اطلاعات تصویب شده توسط اتحادیه در رابطه با بیماران را به اشکال مختلف در دسترس داشته باشید، از جمله به زبانهای دیگر، به زبان ساده، چاپ درشت، صوت، خط مخصوص کوران، مون و بصورت روی خطی موجود است.

زانیاریی پیوهندیدار به و نهخوشانه ی لهلایهن تراسته و پهسهند کراون، نهگهر داوا بکریت له فورماته کانی تردا بریتی له زمانه کانی تر، نیزی رید (هاسان خویندنه وه)، چاپی گهرره، شریتی دهنگ، هیلی موون و نهایکترونیکی ههیه.

所有经信托基金批准的患者信息均可以其它格式提供,包括其它语言、易读阅读软件、大字体、音频、盲文、穆思体(Moon)盲文和电子格式,敬请索取。

Dhammaan warbixinta bukaanleyda ee Ururka ee la oggol yahay waxaa marka la codsado lagu heli karaa nuskhado kale, sida luqado kale, akhris fudud, far waaweyn, dhegeysi, farta braille ee dadka indhaha la', Moon iyo nidaam eletaroonig ah.

LUHFT PIF 2044 V1