

Patient information

**Level 4 Extremely Thick Fluids**

Speech and Language Therapy

**4 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.

**1**



**Measure out 200mls of drink and pour into a cup / glass.**

**2**



**Add seven scoops of Nutilis Clear Powder.**

**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**

**International Dysphagia Diet Standardisation Initiative (IDDSI)**  
<https://iddsi.org/framework/>

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

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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.

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