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| Thickened fluids |
|   Information Leaflet Syrup thick / Stage 1 fluids (previously known as runny honey) Custard thick / Stage 2 fluids (previously known as yoghurt thick) Pudding thick / Stage 3 fluids  |
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# Why have I been placed on thickened fluids?

* If you have a swallowing difficulty (also known as dysphagia) you may find it difficult to swallow fluids safely, which can result in fluids entering the airway.
* This can result in chest infections.
* You have been placed on thickened fluids to reduce the risk of your drinks entering your airway.

# Syrup thick / Stage 1 fluids (previously known as runny honey fluids)

* Syrup thick fluid is thicker than water so it moves more slowly in the mouth and is easier to control.
* It is still thin enough to sip from a cup, and should pour easily off a spoon.
* Examples of syrup thick fluids include some smoothies (with no seeds / lumps) and some milkshakes.

**Custard thick / Stage 2 fluids (previously known as yoghurt thick fluids)**

* Custard thick fluid is much thicker than water so it moves more slowly in the mouth and is easier to control.
* It is still just thin enough to sip from a cup, but not through a straw.
* It can also be taken by teaspoon, and should flow easily off a spoon.
* Examples of custard thick fluids include some very thick milkshakes.

# Pudding thick / Stage 3 fluids

* Pudding thick fluid is much thicker than water so it moves more slowly in the mouth and is easier to control.
* It is too thick to sip from a cup, but can be taken from a teaspoon.

**Using thickener to make your drinks**

* If you have been prescribed thickener you should use it in all of your drinks, and you can also use it in soups and sauces to ensure they are of the correct consistency.
* There are various types of thickener available so you should follow the instructions on the tin or sachet for the consistency you have been recommended.
* Use a fork or whisk to make drinks with the thickener, or a drinks shaker if you have one.
* Once a drink has been made, leave it for a few minutes to reach the correct consistency.

**Tips for using thickener**

* When making a cup of tea or coffee it can be easier to add the thickener before adding the milk.
* Hot drinks can require extra thickener.
* Fizzy drinks may not thicken successfully.
* Avoid ice cream or jelly as these can reduce to a thin liquid in the mouth, and this can be too thin for people who require thickened fluids.

# Contact us

If you have any concerns about your swallow or feel that you are not managing your fluids safely please contact the Speech and Language Therapy Department on 0161 419 5897.

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| **If you would like this policy in a different format, for example, in large print, or on audiotape, or for people with learning disabilities, please contact:**Sue Clark, Equality & Diversity Manager, Aspen House, Stepping Hill Hospital. Tel: 0161 419 4784. Email: susan.clark@stockport.nhs.uk |  |

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| **Our smoke free policy**Smoking is not allowed anywhere on our sites. Please read our leaflet 'Policy on Smoke Free NHS Premises' to find out more. |

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