

ThickenUP[®]

Gel *Express*

Instant food & drink liquid thickener

Beverage & Oral Nutrition Supplement Preparation Guide



easy

fast

effective

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.

Information for healthcare professional use only.



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IDDSI 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



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@<https://iddsi.org/framework/>

Oral Nutritional Supplements

Natural IDDSI levels of Nestlé Health Science oral nutritional supplements tested at room temperature (20-22°C). Some variation may occur in colder or warmer climates.

					
RESOURCE® Fruit Flavoured Beverage		RESOURCE® Protein		RESOURCE® Plus	
Flavour	IDDSI Level	Flavour	IDDSI Level	Flavour	IDDSI Level
• Orange* • Peach* • Wildberry*	0	• Vanilla • Coffee • Forest Fruits	1	• Vanilla • Chocolate • Strawberry	0
		• Chocolate	2		

					
RESOURCE® 2.0		RESOURCE® 2.0 + Fibre		RESOURCE® ULTRA Clear Fruit Flavoured Beverage	
Flavour	IDDSI Level	Flavour	IDDSI Level	Flavour	IDDSI Level
• Vanilla • Mocha	1	• Vanilla • Neutral • Strawberry • Apricot • Coffee	1	• Apple* • Orange*	0

					
RESOURCE® ULTRA		RESOURCE® Refresh		NOVASOURCE® Renal	
Flavour	IDDSI Level	Flavour	IDDSI Level	Flavour	IDDSI Level
• Strawberry	2	• Peach-Mint Tea*	0	• Vanilla	2

					
NUTREN® Diabetes Ready to Drink		ARGINAID® Extra		SUSTAGEN® Ready to Drink	
Flavour	IDDSI Level	Flavour	IDDSI Level	Flavour	IDDSI Level
• Vanilla	1	• Orange Burst*	0	• Vanilla • Dutch Chocolate	0
					
ISOSOURCE® 1.5 CAL		RESOURCE® Dessert 2.0		RESOURCE® Cereal	
Flavour	IDDSI Level	Flavour	IDDSI Level	Flavour	IDDSI Level
• Unflavoured	1	• Vanilla	3	• Apple Hazelnut	4

*Unable to be thickened.

IDDSI levels were evaluated in 2022 in accordance with the International Dysphagia Diet Standardisation Initiative (IDDSI) framework methodology (www.iddsi.org).

Nestlé Health Science oral nutrition supplements have not been designed for dysphagia and levels may vary between batches and climate. Results are intended as a guide only and product suitability should be determined at the discretion of the healthcare professional.

Measurement and guide



The “pump” referred to in this Beverage & Oral Nutrition Supplement Preparation Guide refers to one complete pump of the THICKENUP® Gel Express bottle.

1 pump = 1 dose = 4.6mL

Do not exceed a total of 42 pumps of THICKENUP® Gel Express in all liquids throughout the day.

The recipes provided in this resource are intended as a guide only. It is the responsibility of the person administering THICKENUP® Gel Express to ensure that the liquid is mixed to the appropriate consistency. Please check consistency of all prepared liquids before serving.

Recipes have been developed to assist in accurate preparation of thickened fluids, however the end texture should always be assessed according to the IDDSI[†] framework on page 3.

Results are intended as a guide only and product suitability should be determined at the discretion of the healthcare professional.

[†]International Dysphagia Diet Standardisation Initiative (www.iddsi.org).

Milk

200mL



1. Pour 200mL of **milk** into a glass.
2. Add required number of pumps of **THICKENUP® Gel Express**.
3. Stir for 30 seconds.
4. For Levels 1, 2 and 3, **wait 5 minutes** before serving.
For Level 4, **wait 10 minutes** before serving.
5. Serve immediately. **Level 4 must be consumed within 30 minutes of preparation.**

Milk prepared at refrigerated temperature (4°C).

IDDSI Framework		
Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick
Full cream milk and low-fat milk		
1 Pump	2 Pumps	3 Pumps
Wait 5 minutes. Serve immediately.		

IDDSI Framework
Level 4 Extremely Thick
Full cream milk and low-fat milk
10 Pumps
Wait 10 minutes. Serve immediately. Level 4 must be consumed within 30 minutes of preparation. Level 4 Extremely Thick liquids are evaluated as IDDSI compliant based on Spoon/Fork Test.

Do not exceed a total of 42 pumps of THICKENUP® Gel Express in all liquids throughout the day.

Beer

150mL



1. Pour 150mL of **beer** into a glass.
2. **Deaerate by stirring vigorously** and then let to stand for **10 minutes**.
3. Add required number of pumps of **THICKENUP® Gel Express, slowly down the side of the glass**.
4. Stir **slowly** for 30 seconds to **ensure beer is not overly aerated and full of bubbles**.
5. For Levels 1, 2 and 3, **wait 5 minutes** before serving. For Level 4, **wait 10 minutes** before serving.
6. Serve immediately. **Level 4 must be consumed within 30 minutes of preparation**.

Beer prepared at refrigerated temperature (4°C).

IDDSI Framework		
Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick
Beer		
1 Pump	2 Pumps	3 Pumps
Wait 5 minutes. Serve immediately.		

IDDSI Framework
Level 4 Extremely Thick
Beer
7 Pumps
Wait 10 minutes. Serve immediately. Level 4 must be consumed within 30 minutes of preparation. Level 4 Extremely Thick liquids are evaluated as IDDSI compliant based on Spoon/Fork Test.

Do not exceed a total of 42 pumps of THICKENUP® Gel Express in all liquids throughout the day.

Wine

150mL



1. Pour 150mL of **wine** into a glass.
2. Add required number of pumps of **THICKENUP® Gel Express** **slowly down the side of the glass.**
3. Stir **slowly** for 30 seconds **to ensure wine is not overly aerated and full of bubbles.**
4. For Levels 1, 2 and 3, **wait 5 minutes** before serving. For Level 4, **wait 10 minutes** before serving.
5. Serve immediately. **Level 4 must be consumed within 30 minutes of preparation.**

White wine prepared at refrigerated temperature (4°C).

Red wine prepared at room temperature (20–22°C).

Some variation may occur in colder or warmer climates.

IDDSI Framework		
Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick
Red and white wine		
1 Pump	2 Pumps	3 Pumps
Wait 5 minutes. Serve immediately.		

IDDSI Framework
Level 4 Extremely Thick
Red and white wine
9 Pumps
Wait 10 minutes. Serve immediately. Level 4 must be consumed within 30 minutes of preparation. Level 4 Extremely Thick liquids are evaluated as IDDSI compliant based on Spoon/Fork Test.

Do not exceed a total of 42 pumps of THICKENUP® Gel Express in all liquids throughout the day.

ARGINAID®

200mL

Mixed with water



1. Empty 1 sachet of **ARGINAID®** into a 300mL capacity cup.
2. Mix with 200mL of water.
3. Add required number of pumps of **THICKENUP® Gel Express**.
4. Stir for 30 seconds.
5. For Levels 1, 2 and 3, **wait 5 minutes** before serving.
For Level 4, **wait 10 minutes** before serving.
6. Serve immediately. **Level 4 must be consumed within 30 minutes of preparation.**

Made at room temperature (20–22°C). Some variation may occur in colder or warmer climates.

IDDSI Framework		
Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick
Lemon and Orange flavours		
1 Pump	3 Pumps	4 Pumps
Wait 5 minutes. Serve immediately.		

IDDSI Framework
Level 4 Extremely Thick
Lemon and Orange flavours
9 Pumps
Wait 10 minutes. Serve immediately. Level 4 must be consumed within 30 minutes of preparation.
Level 4 Extremely Thick liquids are evaluated as IDDSI compliant based on Spoon/Fork Test.

Do not exceed a total of 42 pumps of THICKENUP® Gel Express in all liquids throughout the day.

FIBER CHOICE®

200mL

Mixed with water



1. Pour 1 tablespoon (5g) of **FIBER CHOICE®** into a 300mL capacity cup.
2. Mix with 200mL water.
3. Add required number of pumps of **THICKENUP® Gel Express**.
4. Stir for 30 seconds.
5. For Levels 1, 2 and 3, **wait 5 minutes** before serving. For Level 4, **wait 10 minutes** before serving.
6. Serve immediately. **Level 4 must be consumed within 30 minutes of preparation.**

Made at room temperature (20–22°C). Some variation may occur in colder or warmer climates.

IDDSI Framework		
Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick
Neutral		
1 Pump	2 Pumps	4 Pumps
Wait 5 minutes. Serve immediately.		

IDDSI Framework
Level 4 Extremely Thick
Neutral
7 Pumps
Wait 10 minutes. Serve immediately. Level 4 must be consumed within 30 minutes of preparation. Level 4 Extremely Thick liquids are evaluated as IDDSI compliant based on Spoon/Fork Test.

Do not exceed a total of 42 pumps of THICKENUP® Gel Express in all liquids throughout the day.

ISOSOURCE® 1.5 CAL

250mL



1. Pour contents of **ISOSOURCE® 1.5 CAL** into a 300mL capacity cup.
2. Add required number of pumps of **THICKENUP® Gel Express**.
3. Stir for 30 seconds.
4. For Levels 1, 2 and 3, **wait 5 minutes** before serving. For Level 4, **wait 10 minutes** before serving.
5. Serve immediately. **Level 4 must be consumed within 30 minutes of preparation.**

Made at room temperature (20–22°C). Some variation may occur in colder or warmer climates.

IDDSI Framework		
Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick
Unflavoured		
Ready to drink	1 Pump	2 Pumps
Wait 5 minutes. Serve immediately.		

IDDSI Framework
Level 4 Extremely Thick
Unflavoured
4 Pumps
Wait 10 minutes. Serve immediately. Level 4 must be consumed within 30 minutes of preparation.
Level 4 Extremely Thick liquids are evaluated as IDDSI compliant based on Spoon/Fork Test.

Do not exceed a total of 42 pumps of THICKENUP® Gel Express in all liquids throughout the day.

NOVASOURCE[®] Renal

200mL



1. Pour contents of **NOVASOURCE[®] Renal** into a 300mL capacity cup.
2. Add required number of pumps of **THICKENUP[®] Gel Express**.
3. Stir for 30 seconds.
4. For Levels 2 and 3, **wait 5 minutes** before serving. For Level 4, **wait 10 minutes** before serving.
5. Serve immediately. **Level 4 must be consumed within 30 minutes of preparation.**

Made at room temperature (20–22°C). Some variation may occur in colder or warmer climates.

IDDSI Framework		
Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick
Vanilla flavour		
N/A	Ready to drink	2 Pumps
Wait 5 minutes. Serve immediately.		

IDDSI Framework
Level 4 Extremely Thick
Vanilla flavour
4 Pumps
Wait 10 minutes. Serve immediately. Level 4 must be consumed within 30 minutes of preparation. Level 4 Extremely Thick liquids are evaluated as IDDSI compliant based on Spoon/Fork Test.

Do not exceed a total of 42 pumps of THICKENUP[®] Gel Express in all liquids throughout the day.

NUTREN® Diabetes

210mL

Mixed with water



1. Pour 7 scoops (56g) of **NUTREN® Diabetes** into a 300mL capacity cup.
2. Mix with 210mL of water.
3. Add required number of pumps of **THICKENUP® Gel Express**.
4. Stir for 30 seconds.
5. For Levels 1, 2 and 3, **wait 5 minutes** before serving. For Level 4, **wait 10 minutes** before serving.
6. Serve immediately. **Level 4 must be consumed within 30 minutes of preparation.**

Made at room temperature (20–22°C). Some variation may occur in colder or warmer climates.

IDDSI Framework		
Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick
Vanilla flavour		
1 Pump	2 Pumps	3 Pumps
Wait 5 minutes. Serve immediately.		

IDDSI Framework
Level 4 Extremely Thick
Vanilla flavour
8 Pumps
Wait 10 minutes. Serve immediately. Level 4 must be consumed within 30 minutes of preparation. Level 4 Extremely Thick liquids are evaluated as IDDSI compliant based on Spoon/Fork Test.

Do not exceed a total of 42 pumps of THICKENUP® Gel Express in all liquids throughout the day.

NUTREN® Diabetes Ready to Drink

200mL



1. Pour contents of **NUTREN® Diabetes** ready-to-drink into a 300mL capacity cup.
2. Add required number of pumps of **THICKENUP® Gel Express**.
3. Stir for 30 seconds.
4. For Levels 2 and 3, **wait 5 minutes** before serving. For Level 4, **wait 10 minutes** before serving.
5. Serve immediately. **Level 4 must be consumed within 30 minutes of preparation.**

Made at room temperature (20–22°C). Some variation may occur in colder or warmer climates.

IDDSI Framework		
Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick
Vanilla flavour		
Ready to drink	1 Pump	3 Pumps
Wait 5 minutes. Serve immediately.		

IDDSI Framework
Level 4 Extremely Thick
Vanilla flavour
7 Pumps
<p>Wait 10 minutes. Serve immediately.</p> <p>Level 4 must be consumed within 30 minutes of preparation.</p> <p>Level 4 Extremely Thick liquids are evaluated as IDDSI compliant based on Spoon/Fork Test.</p>

Do not exceed a total of 42 pumps of THICKENUP® Gel Express in all liquids throughout the day.

RESOURCE® 2.0

237mL



1. Pour contents of **RESOURCE® 2.0** into a 300mL capacity cup.
2. Add required number of pumps of **THICKENUP® Gel Express**.
3. Stir for 30 seconds.
4. For Levels 2 and 3, **wait 5 minutes** before serving.
For Level 4, **wait 10 minutes** before serving.
5. Serve immediately. **Level 4 must be consumed within 30 minutes of preparation.**

Made at room temperature (20–22°C). Some variation may occur in colder or warmer climates.

IDDSI Framework		
Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick
Vanilla and Mocha flavours		
Ready to drink	1 Pump	3 Pumps
Wait 5 minutes. Serve immediately.		

IDDSI Framework	
Level 4 Extremely Thick	
Vanilla flavour	
7 Pumps	
Mocha flavour	
8 Pumps	
Wait 10 minutes. Serve immediately.	
Level 4 must be consumed within 30 minutes of preparation.	
Level 4 Extremely Thick liquids are evaluated as IDDSI compliant based on Spoon/Fork Test.	

Do not exceed a total of 42 pumps of THICKENUP® Gel Express in all liquids throughout the day.

RESOURCE[®] 2.0 + Fibre

200mL



1. Pour contents of **RESOURCE[®] 2.0 + Fibre** into a 300mL capacity cup.
2. Add required number of pumps of **THICKENUP[®] Gel Express**.
3. Stir for 30 seconds.
4. For Levels 2 and 3, **wait 5 minutes** before serving. For Level 4, **wait 10 minutes** before serving.
5. Serve immediately. **Level 4 must be consumed within 30 minutes of preparation.**

Made at room temperature (20–22°C). Some variation may occur in colder or warmer climates.

IDDSI Framework		
Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick
Vanilla, Strawberry, Neutral, Apricot and Coffee flavours		
Ready to drink	1 Pump	2 Pumps
Wait 5 minutes. Serve immediately.		

IDDSI Framework
Level 4 Extremely Thick
Vanilla, Strawberry, Neutral, Apricot and Coffee flavours
7 Pumps
Wait 10 minutes. Serve immediately. Level 4 must be consumed within 30 minutes of preparation.
Level 4 Extremely Thick liquids are evaluated as IDDSI compliant based on Spoon/Fork Test.

Do not exceed a total of 42 pumps of THICKENUP[®] Gel Express in all liquids throughout the day.

RESOURCE® Plus

237mL



1. Pour contents of **RESOURCE® Plus** into a 300mL capacity cup.
2. Add required number of pumps of **THICKENUP® Gel Express**.
3. Stir for 30 seconds.
4. For Levels 2 and 3, **wait 5 minutes** before serving.
For Level 4, **wait 10 minutes** before serving.
5. Serve immediately. **Level 4 must be consumed within 30 minutes of preparation.**

Made at room temperature (20–22°C). Some variation may occur in colder or warmer climates.

IDDSI Framework		
Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick
Vanilla and Strawberry flavours		
1 Pump	2 Pumps	3 Pumps
Chocolate flavour		
N/A	2 Pumps	3 Pumps
Wait 5 minutes. Serve immediately.		

IDDSI Framework
Level 4 Extremely Thick
Vanilla, Strawberry and Chocolate flavours
10 Pumps
Wait 10 minutes. Serve immediately. Level 4 must be consumed within 30 minutes of preparation.
Level 4 Extremely Thick liquids are evaluated as IDDSI compliant based on Spoon/Fork Test.

Do not exceed a total of 42 pumps of THICKENUP® Gel Express in all liquids throughout the day.

RESOURCE[®] Protein

200mL



1. Pour contents of **RESOURCE[®] Protein** into a 300mL capacity cup.
2. Add required number of pumps of **THICKENUP[®] Gel Express**.
3. Stir for 30 seconds.
4. For Levels 2 and 3, **wait 5 minutes** before serving. For Level 4, **wait 10 minutes** before serving.
5. Serve immediately. **Level 4 must be consumed within 30 minutes of preparation.**

Made at room temperature (20–22°C). Some variation may occur in colder or warmer climates.

IDDSI Framework		
Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick
Vanilla, Forest Fruits and Coffee flavours		
Ready to drink	1 Pump	3 Pumps
Chocolate flavour		
N/A	Ready to drink	2 Pumps
Wait 5 minutes. Serve immediately.		

IDDSI Framework
Level 4 Extremely Thick
Vanilla, Forest Fruits and Coffee flavours
7 Pumps
Chocolate flavour
6 Pumps
Wait 10 minutes. Serve immediately. Level 4 must be consumed within 30 minutes of preparation.
Level 4 Extremely Thick liquids are evaluated as IDDSI compliant based on Spoon/Fork Test.

Do not exceed a total of 42 pumps of THICKENUP[®] Gel Express in all liquids throughout the day.

RESOURCE® Ultra

125mL



1. Pour contents of **RESOURCE® ULTRA** into a 200mL capacity cup.
2. Add required number of pumps of **THICKENUP® Gel Express**.
3. Stir for 30 seconds.
4. For Level 3, **wait 5 minutes** before serving.
For Level 4, **wait 10 minutes** before serving.
5. Serve immediately. **Level 4 must be consumed within 30 minutes of preparation.**

Made at room temperature (20–22°C). Some variation may occur in colder or warmer climates.

IDDSI Framework		
Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick
Strawberry flavour		
N/A	Ready to drink	1 Pump
Wait 5 minutes. Serve immediately.		

IDDSI Framework
Level 4 Extremely Thick
Strawberry flavour
6 Pumps
Wait 10 minutes. Serve immediately. Level 4 must be consumed within 30 minutes of preparation. Level 4 Extremely Thick liquids are evaluated as IDDSI compliant based on Spoon/Fork Test.

Do not exceed a total of 42 pumps of THICKENUP® Gel Express in all liquids throughout the day.

SUSTAGEN[®] Hospital Formula

200mL

Mixed with water



1. Pour 3 scoops (60g) of **SUSTAGEN[®] Hospital Formula** (Vanilla or Chocolate flavour) in a 300mL capacity cup.
2. Mix with 200mL of water.
3. Add required number of pumps of **THICKENUP[®] Gel Express**.
4. Stir for 30 seconds.
5. For all Levels, **wait 5 minutes** before serving.
6. Serve immediately. **Level 4 must be consumed within 30 minutes of preparation.**

Made at room temperature (20–22°C). Some variation may occur in colder or warmer climates.

IDDSI Framework		
Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick
Vanilla and Chocolate flavours		
1 Pump	3 Pumps	4 Pumps
Wait 5 minutes. Serve immediately.		

IDDSI Framework
Level 4 Extremely Thick
Vanilla and Chocolate flavours
10 Pumps
Wait 5 minutes. Serve immediately. Level 4 must be consumed within 30 minutes of preparation.
Level 4 Extremely Thick liquids are evaluated as IDDSI compliant based on Spoon/Fork Test.

Do not exceed a total of 42 pumps of THICKENUP[®] Gel Express in all liquids throughout the day.

SUSTAGEN[®] Hospital Formula

200mL

Mixed with milk



1. Pour 3 scoops (60g) of **SUSTAGEN[®] Hospital Formula** (Vanilla or Chocolate flavour) in a 300mL capacity cup.
2. Mix with 200mL of milk.
3. Add required number of pumps of **THICKENUP[®] Gel Express**.
4. Stir for 30 seconds.
5. For all Levels, **wait 5 minutes** before serving.
6. Serve immediately. **Levels 3 and 4 must be consumed within 30 minutes of preparation.**

Milk was used at refrigerated temperature (4°C).

IDDSI Framework	
Level 1 Slightly Thick	Level 2 Mildly Thick
Vanilla and Chocolate flavours	
1 Pump	2 Pumps
Wait 5 minutes. Serve immediately.	

IDDSI Framework	
Level 3 Moderately Thick	Level 4 Extremely Thick
Vanilla and Chocolate flavours	
4 Pumps	8 Pumps
Wait 5 minutes. Serve immediately.	
Level 3 and 4 must be consumed within 30 minutes of preparation.	
Level 4 Extremely Thick liquids are evaluated as IDDSI compliant based on Spoon/Fork Test.	

Do not exceed a total of 42 pumps of THICKENUP[®] Gel Express in all liquids throughout the day.

SUSTAGEN® Hospital Formula Plus Fibre

200mL

Mixed with water



1. Pour 3 scoops (60g) of **SUSTAGEN® Hospital Formula Plus Fibre** (Vanilla or Chocolate flavour) in a 300mL capacity cup.
2. Mix with 200mL of water.
3. Add required number of pumps of **THICKENUP® Gel Express**.
4. Stir for 30 seconds.
5. For all Levels, **wait 5 minutes** before serving.
6. Serve immediately. **Level 4 must be consumed within 30 minutes of preparation.**

Made at room temperature (20–22°C). Some variation may occur in colder or warmer climates.

IDDSI Framework		
Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick
Vanilla and Chocolate flavours		
1 Pump	3 Pumps	4 Pumps
Wait 5 minutes. Serve immediately.		

IDDSI Framework
Level 4 Extremely Thick
Vanilla and Chocolate flavours
10 Pumps
Wait 5 minutes. Serve immediately. Level 4 must be consumed within 30 minutes of preparation.
Level 4 Extremely Thick liquids are evaluated as IDDSI compliant based on Spoon/Fork Test.

Do not exceed a total of 42 pumps of THICKENUP® Gel Express in all liquids throughout the day.

SUSTAGEN® Hospital Formula Plus Fibre

200mL

Mixed with milk



1. Pour 3 scoops (60g) of **SUSTAGEN® Hospital Formula Plus Fibre** (Vanilla or Chocolate flavour) in a 300mL capacity cup.
2. Mix with 200mL of milk.
3. Add required number of pumps of **THICKENUP® Gel Express**.
4. Stir for 30 seconds.
5. For all Levels, **wait 5 minutes** before serving.
6. Serve immediately. **Levels 3 and 4 must be consumed within 30 minutes of preparation.**

Milk was used at refrigerated temperature (4°C).

IDDSI Framework	
Level 1 Slightly Thick	Level 2 Mildly Thick
Vanilla and Chocolate flavours	
1 Pump	2 Pumps
Wait 5 minutes. Serve immediately.	

IDDSI Framework	
Level 3 Moderately Thick	Level 4 Extremely Thick
Vanilla and Chocolate flavours	
4 Pumps	8 Pumps
Wait 5 minutes. Serve immediately.	
Level 3 and 4 must be consumed within 30 minutes of preparation.	
Level 4 Extremely Thick liquids are evaluated as IDDSI compliant based on Spoon/Fork Test.	

Do not exceed a total of 42 pumps of THICKENUP® Gel Express in all liquids throughout the day.

SUSTAGEN[®]

Ready to Drink

250mL



1. Pour contents of **SUSTAGEN[®]** ready-to-drink into a 300mL capacity cup.
2. Add required number of pumps of **THICKENUP[®] Gel Express**.
3. Stir for 30 seconds.
4. For Levels 2 and 3, **wait 5 minutes** before serving.
For Level 4, **wait 10 minutes** before serving.
5. Serve immediately. **Level 4 must be consumed within 30 minutes of preparation.**

Made at room temperature (20–22°C). Some variation may occur in colder or warmer climates.

IDDSI Framework		
Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick
Vanilla and Dutch Chocolate flavours		
N/A	2 Pumps	3 Pumps
Wait 5 minutes. Serve immediately.		

IDDSI Framework
Level 4 Extremely Thick
Vanilla and Dutch Chocolate flavours
12 Pumps
Wait 10 minutes. Serve immediately. Level 4 must be consumed within 30 minutes of preparation. Level 4 Extremely Thick liquids are evaluated as IDDSI compliant based on Spoon/Fork Test.

Do not exceed a total of 42 pumps of THICKENUP[®] Gel Express in all liquids throughout the day.

MOVICOL®

125mL

Mixed with water



1. Empty 1 sachet of **MOVICOL®** into a 300mL capacity cup.
2. Mix with 125mL of water.
3. Add required number of pumps of **THICKENUP® Gel Express**.
4. Stir for 30 seconds.
5. For Levels 1 and 2, **wait 5 minutes** before serving.
For Levels 3 and 4, **wait 10 minutes** before serving.
6. Serve immediately. **Levels 3 and 4 must be consumed within 30 minutes of preparation.**

Made at room temperature (20–22°C). Some variation may occur in colder or warmer climates.

IDDSI Framework	
Level 1 Slightly Thick	Level 2 Mildly Thick
Flavour Free, Lemon Lime and Chocolate flavours	
N/A	1 Pump
Wait 5 minutes. Serve immediately.	

IDDSI Framework	
Level 3 Moderately Thick	Level 4 Extremely Thick
Flavour Free, Lemon Lime and Chocolate flavours	
2 Pumps	7 Pumps
Wait 10 minutes. Serve immediately.	
Level 3 and 4 must be consumed within 30 minutes of preparation.	
Level 4 Extremely Thick liquids are evaluated as IDDSI compliant based on Spoon/Fork Test.	

Do not exceed a total of 42 pumps of THICKENUP® Gel Express in all liquids throughout the day.

MOVICOL® PI - ADMINISTRATION

For oral administration. Each sachet should be dissolved in 125mL water. Other methods of administration may not be recommended as there are no data available. (Ref: MOVICOL® PI).

MOVICOL® PI - INTERACTIONS WITH OTHER MEDICINES AND OTHER FORMS OF INTERACTIONS

MOVICOL® may have a potential interactive effect when used with starch-based food thickeners. The macrogol ingredient counteracts the thickening effect of starch, effectively liquefying preparations that need to remain thick for people with swallowing problems. There is a possibility that the absorption of other medicines could be transiently reduced during use with MOVICOL®, therefore other medicines should not be taken orally for one hour before, during and for one hour after taking MOVICOL®. (Ref: MOVICOL® PI).

MOVICOL® is a registered trademark of the Norgine group of companies.

ThickenUP[®]

gel express

Instant food & drink liquid thickener

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. RESOURCE[®] Fruit Flavoured Beverage, RESOURCE[®] Protein, RESOURCE[®] Plus, RESOURCE[®] 2.0, RESOURCE[®] 2.0 + Fibre, RESOURCE[®] ULTRA Clear Fruit Flavoured Beverage, RESOURCE[®] ULTRA, RESOURCE[®] Dessert 2.0 and ISOSOURCE[®] 1.5 CAL are food for special medical purposes specifically formulated for medical conditions where nutritional needs cannot be met through diet modification alone. Must be used under medical supervision. RESOURCE[®] Refresh is a food for special medical purposes specifically formulated for the dietary management of oncology patients with radio or chemotherapy related taste alterations, with/or at risk of malnutrition. Must be used under medical supervision. NOVASOURCE[®] Renal is a food for special medical purposes specifically formulated for the dietary management of people with renal disease whose nutritional intake may not be adequate. Must be used under medical supervision. NUTREN Diabetes is a food for special medical purposes specifically formulated for the dietary management of people with diabetes who cannot meet their nutritional needs through diet modification alone. Must be used under medical supervision. Suitable for use as a sole source of nutrition. ARGINAID[®] and ARGINAID[®] Extra are food for special medical purposes specifically formulated with L-Arginine for the nutritional management of wounds. Must be used under medical supervision. Not suitable for use as a sole source of nutrition. Contains Phenylalanine. RESOURCE[®] Cereal is a food for special medical purposes for the dietary management of patients with or at risk of malnutrition. Suitable for individuals with swallowing and chewing difficulties. Must be used under medical supervision. FIBER CHOICE is a food for special medical purposes for the dietary management of people with disturbed function of the colon, for nutrient absorption in diarrhoea and nutrient excretion in constipation. Use under medical supervision. Not suitable for use as a sole source of nutrition. Nutritional supplements can only be of assistance where dietary intake is inadequate. Please seek advice on your individual dietary needs from an Accredited Practising Dietitian or your healthcare professional. SUSTAGEN[®] Hospital Formula and SUSTAGEN[®] Hospital Formula Plus Fibre are formulated meal replacements and cannot be used as total diet replacements. Consume as part of a varied and balanced diet and healthy lifestyle. SUSTAGEN[®] ready-to-drink are formulated supplementary foods which can be of assistance where dietary intakes of nutrients and energy may not be adequate. Consume as part of a varied and balanced diet and healthy lifestyle.

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