






MIXING GUIDE

Single Serve



STEP 1

Select the drink and prepare the recommended fluid volume.

Category	Drink	Volume (mL)	Notes
 Cold Drinks	Water	170 - 190	
	Carbonated Drinks (Soda)*	170 - 190	
	Cordial	170 - 190	
	Juice	170 - 190	
 Hot Drinks	Tea - Black	170	Must not exceed 60°C
	Coffee - Black	170	Must not exceed 60°C
	Coffee - White (Full Cream Milk)*	170 - 190	Must not exceed 60°C
 Milk	Milk	190	Level 1, 2 or 3
		200	Level 4
 Alcoholic Drinks	Beer*	170 - 190	
	Premixed Alcoholic Drinks*	150	
	Spirits	190	
	Wine (Red, White, Port, Sherry)	150	
 Medical	Movicol	125	Prepare Movicol as per product instructions
	Ural	125	Prepare Ural as per product instructions
	Soluble Paracetamol	190	Prepare Soluble Paracetamol as per product instructions
	Hydralyte	200	Prepare Hydralyte as per product instructions

*Important Information

To prevent excessive bubbling when adding instant THICK:

- **For Carbonated Drinks:** Stir until bubbling subsides. Remove any excess foam from the surface.
- **For Coffee - White:** Use 20mL of full cream milk as part of total volume.
- **For Beer:** Add a pinch of sugar and stir until bubbling subsides. Remove any excess foam from the surface.
- **For Premixed Alcoholic Drinks:** Use 30mL of spirits as part of total volume. Stir until bubbling subsides. Remove any excess foam from the surface.

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STEP 2

Whilst stirring[^] add instant THICK per Dosage Guide[^]. Stir for 30 seconds or until dissolved.

instant THICK Dosage Guide				
Thickness	1 SLIGHTLY THICK	2 MILDLY THICK	3 MODERATELY THICK	4 EXTREMELY THICK
Amount	1 x instant THICK Level 1 Scoop	1 x instant THICK Level 2 Scoop or Sachet	1 x instant THICK Level 3 Scoop or Sachet	1 x instant THICK Level 4 Scoop or Sachet

[^]Important Information

- Use a flat straight edge to level the Instant Thick powder.
- **For Wine:** Once instant THICK is dissolved, use a stick blender to mix for 30 seconds. Do not break the surface of the drink while the blender is running, to prevent aeration.
- **For Milo:** Once instant THICK is dissolved, add one serve of Milo to milk and stir until Milo is dissolved.

STEP 3

Allow to stand for time indicated below. Re-stir until correct consistency is reached before serving.

Category	Drink	Time (minutes)
Cold Drinks	Water	2
	Carbonated Drinks (Soda)	2
	Cordial	5
	Juice	5
Hot Drinks	Tea - Black	5
	Coffee - Black	5
	Coffee - White (Full Cream Milk)	5
Milk	Milk	10
Alcoholic Drinks	Beer	2 - 5
	Premixed Alcoholic Drinks	2
	Spirits	2
	Wine (Red, White, Port and Sherry)	2
Medical	Movicol	10
	Ural	10
	Soluble Paracetamol	2
	Hydralyte	15

Storage: Once prepared, handle and store according to Food Safety protocols. Cover and refrigerate between serving. Discard leftover food and drinks after 24 hours. *2-hour/4-hour recommended.

Food for special medical purposes. Food and drink thickener for the dietary management of dysphagia. Use under medical supervision. For oral consumption only. Not suitable as a sole source of nutrition. Not suitable for children under 1 year of age. Flavour Creations is a gluten and nut free manufacturing environment.

All information stated is correct at time of publishing and subject to change without notice.