

Recipe Guide

Single Serve - Medicines

Step 1 Select the product, measure the recommended liquid volume below, and prepare according to the manufacturer's instructions.

Step 2 Add instant THICK Liquid as per Dose Guide below.

Step 3 Stir for 30 seconds. Allow to stand for time indicated below. Stir for another 30 seconds or until correct consistency is reached before serving.



Actilax

IDDSI Level	Supplement Volume / mL	instant THICK Liquid Dose	Stand Time (Minutes)	Notes	Consume Within
1 SLIGHTLY THICK	30mL / 170mL Water	1 Pump	N/A		2 Hours
2 MILDLY THICK	30mL / 170mL Water	2 Pumps	N/A		2 Hours
3 MODERATELY THICK	30mL / 170mL Water	4 Pumps	N/A		2 Hours
4 EXTREMELY THICK	30mL / 170mL Water	8 Pumps	N/A		2 Hours

Osmolax

IDDSI Level	Supplement Volume / mL	instant THICK Liquid Dose	Stand Time (Minutes)	Notes	Consume Within
1 SLIGHTLY THICK	17g Powder / 240mL Water	1 Pump	N/A		6 Hours
2 MILDLY THICK	17g Powder / 240mL Water	2 Pumps	N/A		6 Hours
3 MODERATELY THICK	17g Powder / 240mL Water	5 Pumps	N/A		6 Hours
4 EXTREMELY THICK	17g Powder / 240mL Water	9 Pumps	2		6 Hours

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Storage: Once prepared, consume immediately or cover and refrigerate between servings. Discard leftover product after 24 hours, unless otherwise specified. These products remain stable for the indicated consumption time, however, always use in accordance with the manufacturer's specified guidelines.

instant THICK Liquid is 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 3 years of age.

The recipes provided in this resource are intended as a guide only. If the desired consistency is not achieved, allow the drink to stand and stir again before serving. It is the responsibility of the person administering instant THICK Liquid to ensure the liquid is thickened to the prescribed IDDSI level.

The use of brand names and/or listing of specific commercial products is solely for educational purposes and does not imply endorsement of these brands, nor discrimination against similar brands, products or services not mentioned.

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

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Movicol

IDDSI Level	Supplement Volume / mL	instant THICK Liquid Dose	Stand Time (Minutes)	Notes	Consume Within
1 SLIGHTLY THICK	1 Sachet / 125mL Water	1 Pump	2		6 Hours
2 MILDLY THICK	1 Sachet / 125mL Water	2 Pumps	2		6 Hours
3 MODERATELY THICK	1 Sachet / 125mL Water	4 Pumps	2		6 Hours
4 EXTREMELY THICK	1 Sachet / 125mL Water	8 Pumps	2		6 Hours

Ural

IDDSI Level	Supplement Volume / mL	instant THICK Liquid Dose	Stand Time (Minutes)	Notes	Consume Within
1 SLIGHTLY THICK	1 Sachet / 150mL Water	1 Pump	N/A		2 Hours
2 MILDLY THICK	1 Sachet / 150mL Water	2 Pumps	N/A		2 Hours
3 MODERATELY THICK	1 Sachet / 150mL Water	4 Pumps	N/A		2 Hours
4 EXTREMELY THICK	1 Sachet / 150mL Water	8 Pumps	2		2 Hours

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Soluble Paracetamol

IDDSI Level	Supplement Volume / mL	instant THICK Liquid Dose	Stand Time (Minutes)	Notes	Consume Within
1 SLIGHTLY THICK	2 Tablets / 175mL Water	1 Pump	2		2 Hours
2 MILDLY THICK	2 Tablets / 175mL Water	2 Pumps	2		2 Hours
3 MODERATELY THICK	2 Tablets / 175mL Water	4 Pumps	2		2 Hours
4 EXTREMELY THICK	2 Tablets / 175mL Water	8 Pumps	2		2 Hours

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