

Recipe Guide

Single Serve - Hydralyte Products

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.



Hydralyte Electrolyte Powder

IDDSI Level	Supplement Volume / mL	instant THICK Liquid Dose	Stand Time (Minutes)	Notes	Consume Within
1 SLIGHTLY THICK	1 Sachet / 200mL Water	1 Pump	2		24 Hours
2 MILDLY THICK	1 Sachet / 200mL Water	2 Pumps	2		24 Hours
3 MODERATELY THICK	1 Sachet / 200mL Water	4 Pumps	2		24 Hours
4 EXTREMELY THICK	1 Sachet / 200mL Water	8 Pumps	5		24 Hours

Hydralyte Electrolyte Tablets

IDDSI Level	Supplement Volume / mL	instant THICK Liquid Dose	Stand Time (Minutes)	Notes	Consume Within
1 SLIGHTLY THICK	2 Tablets / 200mL Water	1 Pump	2		24 Hours
2 MILDLY THICK	2 Tablets / 200mL Water	2 Pumps	2		24 Hours
3 MODERATELY THICK	2 Tablets / 200mL Water	4 Pumps	2		24 Hours
4 EXTREMELY THICK	2 Tablets / 200mL Water	8 Pumps	2		24 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.

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.

Recipe Guide

Single Serve - Hydralyte Products

Step 1 Refrigerate product before thickening, unless specified in notes below. 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.



Hydralyte Ready To Use

IDDSI Level	Supplement Volume / mL	instant THICK Liquid Dose	Stand Time (Minutes)	Notes	Consume Within
1 SLIGHTLY THICK	200mL	1 Pump	2		24 Hours
2 MILDLY THICK	200mL	2 Pumps	2		24 Hours
3 MODERATELY THICK	200mL	4 Pumps	2		24 Hours
4 EXTREMELY THICK	200mL	8 Pumps	2		24 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.

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