

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** Whilst stirring, add instant THICK Powder as per Dose Guide below. Stir for 30 seconds or until dissolved.
- Step 3** Allow to stand for the time indicated below. Stir again until the correct consistency is reached before serving.



Actilax

IDDSI Level	Supplement Volume / mL	instant THICK Powder Dose	Stand Time (Minutes)	Notes	Consume Within
1 SLIGHTLY THICK	30mL / 170mL Water	1x Level 1 Scoop	2		2 Hours
2 MILDLY THICK	30mL / 170mL Water	1x Level 2 Scoop	2		2 Hours
3 MODERATELY THICK	30mL / 170mL Water	1x Level 3 Scoop	2		2 Hours
4 EXTREMELY THICK	30mL / 170mL Water	1x Level 4 Scoop	2		2 Hours

Osmolax

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

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Please note: instant THICK Powder Level 2, 3, and 4 scoop is equivalent to the corresponding Level 2, 3, and 4 sachet of instant THICK Powder.

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 Powder 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 1 year 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 Powder 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 Powder Dose	Stand Time (Minutes)	Notes	Consume Within
1 SLIGHTLY THICK	1 Sachet / 125mL Water	1x Level 1 Scoop	10		6 Hours
2 MILDLY THICK	1 Sachet / 125mL Water	1x Level 2 Scoop	10		6 Hours
3 MODERATELY THICK	1 Sachet / 125mL Water	1x Level 3 Scoop	10		6 Hours
4 EXTREMELY THICK	1 Sachet / 125mL Water	1x Level 4 Scoop	10		6 Hours

Ural

IDDSI Level	Supplement Volume / mL	instant THICK Powder Dose	Stand Time (Minutes)	Notes	Consume Within
1 SLIGHTLY THICK	1 Sachet / 150mL Water	1x Level 1 Scoop	20		2 Hours
2 MILDLY THICK	1 Sachet / 150mL Water	1x Level 2 Scoop	10		2 Hours
3 MODERATELY THICK	1 Sachet / 150mL Water	1x Level 3 Scoop	5		2 Hours
4 EXTREMELY THICK	1 Sachet / 150mL Water	1x Level 4 Scoop	5		2 Hours

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Soluble Paracetamol

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

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