

## Gelmix® Mildly Thick Directions

Gelmix is a powder based thickening agent that is recommended for your child because of swallowing problems.

For more Information on this product, please visit <https://www.healthierthickening.com>.

### Your Child Needs:



#### **2 MILDLY THICK /Nectar**

**Use 2.4g (2 level scoops or 1 stick pack) for every 3 to 4 fluid ounce**

### Your Child Can Drink:



Up to 25% of their total daily volume of thickened liquid

\_\_\_\_\_ mL per day (May change as feeding volumes increase)



Full volume of thickened liquids

## Mixing Directions

1. Add 1 Gelmix stick pack (2.4 grams) to 3 to 4 ounces of warm liquid OR if using the Gelmix tub, add 2 level scoops to 3 to 4 ounces of warm liquid.
2. Cap and shake well for 30 seconds until the powder is completely dissolved. Work quickly to avoid clumps.
3. Let the liquid sit for 5 to 10 minutes until the liquid is the right thickness.
4. Stir before serving and recheck temperature.

Tip: You may need to adjust the recipe so the liquid reaches the right IDDSI thickness level. Some liquids do not thicken as expected because of their ingredients.

## Check the thickness

- Before using the thickened liquid, do the IDDS syringe flow test.
- Repeat the test if you change the liquid or if it looks too thick or too thin. (See page 2 for instructions.)

## Important information

- Use this product only if your doctor approves.
- Stop use and call your doctor if your child has a bad response to this product. This could include:
  - Bloating stomach
  - Poop that looks a different color
  - Trouble pooping
  - Throwing up.
  - Loose poop
- Do not use if galactosemia or allergy to galactomannans is suspected.
- Miralax does not mix well with Gelmix.



## 2 MILDLY THICK



### Use of Level 2 Mildly Thick Liquids for Babies and Children

#### What is this thickness level?

Level 2 - Mildly Thick liquids:

- ✓ Are 'sippable'
- ✓ Pour quickly from a spoon but slower than Thin drinks and Slightly Thick drinks
- ✓ Need some effort to drink this thickness using a standard straw.

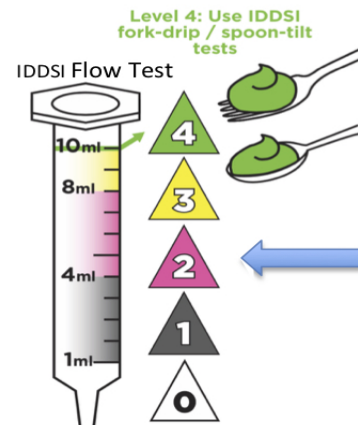
#### Why is this thickness level used for babies and children?

Level 2 – Mildly Thick drinks may be used if Thin drinks (water, milk) and Level 1 Slightly Thick liquids flow too quickly to be swallowed safely by your child. Some milk shakes and thick shakes may be this thickness level already, but other drinks may need thickener added to reach the correct thickness level. Use the IDDSI testing methods below to check.

Mildly Thick drinks flow at a slower rate. These drinks may be too thick for use with some types of infant teats/nipples. Your clinician will help you work out which nipple/teat will work best. These drinks may also be taken from a spout cup or standard cup.

#### How do I measure my liquid or drink to make sure it is Level 2 Mildly Thick?

It is safest to measure the thickness using the IDDSI Flow Test. The IDDSI Flow Test measures how thick a liquid is by how much goes through a 10 mL syringe in 10 seconds. IDDSI recommends that you use a 10 mL syringe to check to make sure you have the correct thickness level using the instructions below. For Level 2- Mildly Thick liquids, there should be **4-8 mL remaining** in the syringe after 10 seconds of flow. Your clinician may give you a specific number between 4-8 mL to aim for.

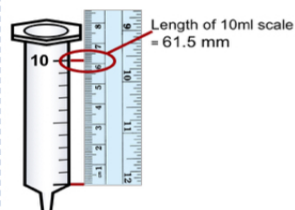


See videos of the IDDSI Flow Test at

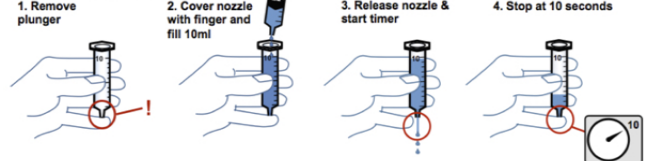
[www.IDDSI.org/framework/drink-testing-methods/](http://www.IDDSI.org/framework/drink-testing-methods/)

#### Before you test...

You **must check** your syringe length because there are differences in syringe lengths. Your syringe should look like this



#### IDDSI FLOW TEST



Intended for general information only. Please consult with your health care professional for specific advice for your baby or child

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