

Gelmix® Moderately 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:



MODERATELY THICK/Honey

Use 2.4g (2 level scoops or 1 stick pack) for every 2 fluid ounces

Mixing Directions:

1. Add 1 Gelmix stick pack (2.4 grams) to 2 ounces of warm liquid OR if using the Gelmix tub, add 2 level scoops to 2 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 5-10 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 IDDSI 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:
 - bloated stomach
 - trouble pooping
 - loose poop
 - Poop that looks a different color
 - throwing up
- Do not use if galactosemia or allergy to galactomannans is suspected.
- Miralax does not mix well with Gelmix.



MODERATELY THICK



Level 3 Moderately Thick Liquids for Babies and Children

What is this thickness level?

Level 3 - Moderately Thick drinks:

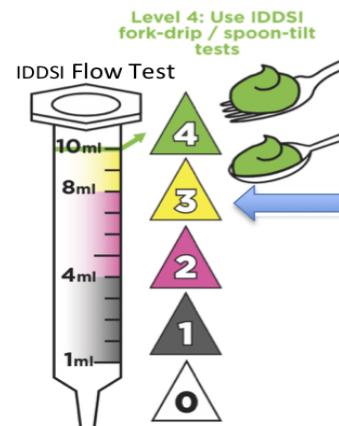
- ✓ Can be drunk from a cup or taken with a spoon
- ✓ Need some effort to drink them through a wide diameter straw and cannot be sucked through an infant teat/nipple
- ✓ Have a smooth texture with no lumps, fibers or seeds

Why is this thickness level used for babies and children?

Level 3 – Moderately Thick drinks may be used if your baby or child's tongue control is not good enough to manage Mildly Thick, Slightly Thick or Thin drinks. Moderately Thick drinks allows more time for the tongue to "hold and move" the drink. These drinks are best taken from a cup or using a spoon.

How do I measure my liquid or drink to make sure it is Level 3 Moderately thick?

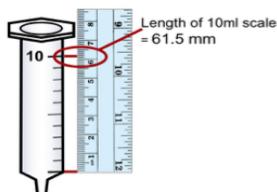
It is safest to measure Moderately Thick drinks using the IDDSI Flow Test *and* the IDDSI Fork Drip Test. These tests measure how thick a liquid is by how fast it flows through a 10 mL syringe in 10 seconds and how quickly it flows through the prongs of a dinner fork. IDDSI recommends that you use a 10 mL syringe to check to make sure you have the correct thickness level using the instructions below. For Level 3- Moderately Thick liquids there should be **no less than 8 mL remaining** in the syringe after 10 seconds of flow. Your clinician may give you a specific number between 8-10 mL to aim for. Using the IDDSI Fork Test the liquid should drip slowly in dollops through the prongs of a fork.



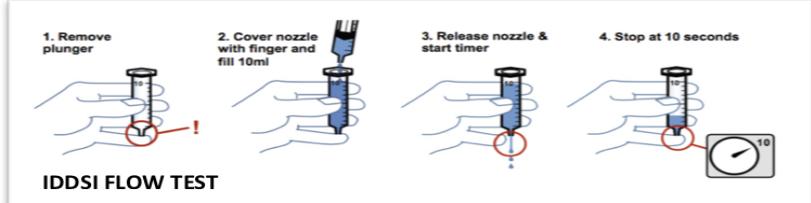
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See videos of the IDDSI Flow Test and IDDSI Fork Drip Test at
www.IDDSI.org/framework/drink-testing-methods/

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



IDDSI Fork Drip Test
 Drips slowly in dollops through the prongs of a fork



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