

Purathick Moderately Thick Directions

Purathick 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/purathick/>

Your Child Needs:



MODERATELY THICK /Honey

Use 2.4 grams (1 level scoop or 1 stick pack) for every 3-4 fluid ounce.

Mixing Directions:

1. Add 1 Purathick stick pack (2.4 grams) to 3-4 ounces of liquid OR if using the Purathick tub, add 1 level scoop to 3-4 ounces of liquid.
2. Cap and shake well for 30 seconds or until the powder is completely dissolved. You can also use a whisk, fork, or blender to mix the liquid. Work quickly to avoid clumps until dissolved.
3. Let cold liquids sit for 5 minutes and warm liquids sit for 1 minute until the liquid is the right thickness.
4. Stir before serving.

Do the IDDSI syringe flow test before the first use of the thickened liquid, after any changes to the liquid, and/or if the thickened liquid looks too thick or too thin. (see page 2)

Important Reminders:

- This product should not be used for children younger than 1 years old.
- Use of this product for children older than 1 years old should be approved by a doctor.
- Stop use and call your doctor if your child has a bad response to this product. This includes bloated stomach, trouble pooping, loose poop, discoloring of poop, and/or throwing up.
- Do not use if galactosemia or allergy to galactomannans is suspected.
- Miralax does not mix well with Purathick.



MODERATELY THICK



Level 3 Moderately Thick Liquids for Babies and Children

What is this thickness level?

Level 3 - Moderately Thick drinks:

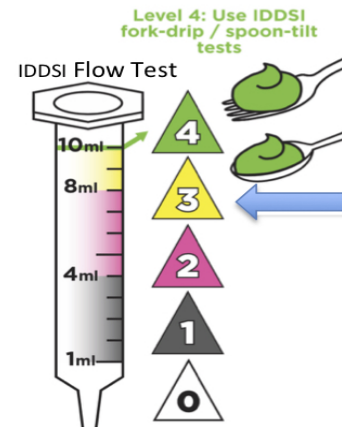
- ✓ Can be drunk from a cup or taken with a spoon
- ✓ Need some effort to drink them through a *wide* diameter straw and cannot be sucked through an infant teat/nipple
- ✓ Have a smooth texture with no lumps, fibers or seeds

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.

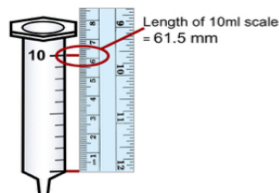


See videos of the IDDSI Flow Test and IDDSI Fork Drip Test at

www.IDDSI.org/framework/drink-testing-methods/

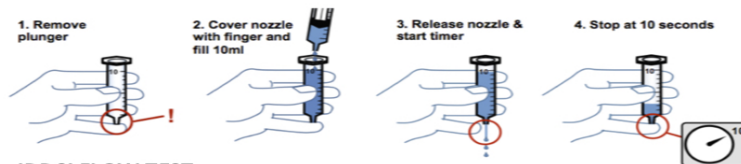
Before you test...

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



IDDSI FLOW TEST

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

childrenscolorado.org

Author: Nutrition | Approved by Patient Education Committee | Valid through 2026

The information presented is intended for educational purposes only. It is not intended to take the place of your personal doctor's advice and is not intended to diagnose, treat, cure or prevent any disease. The information should not be used in place of a visit, call or consultation or advice of your doctor or other health care provider.

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