

## SimplyThick EasyMix Mildly Thick Directions

SimplyThick EasyMix is a gel-based thickening agent that has been recommended for your child due to swallowing problems.

For more information on this product, please visit <http://www.simplythick.com>

### Your Child Needs:

☐

**MILDLY THICK** /Nectar

Use 6g (1 pink packet or 1 pump) per 4 fluid ounces

### Your Child Can Drink:

☐

Up to 25% of your child's 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 packet of Mildly Thick SimplyThick EasyMix (6 grams pink packet) to 4 ounces of liquid  
OR if using the pump, put 1 pump (6 grams) into 4 ounces of liquid
2. Mix well with a fork or spoon for 1 minute
3. Allow the liquid to sit for 5 minutes before serving

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

## Things to Know:

- Use of this product should be approved by a doctor.
- Stop use and call your doctor if your child has a bad reaction to this product. This includes bloated stomach, trouble pooping, loose poop, change to color of poop, and/or throwing up.
- Apple juice, Boost Breeze, Boost Soothe, and Ensure Clear **do not** thicken with this product.
- For tips on batch mixing and making carbonated drinks, please visit <http://www.simplythick.com>



## 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.

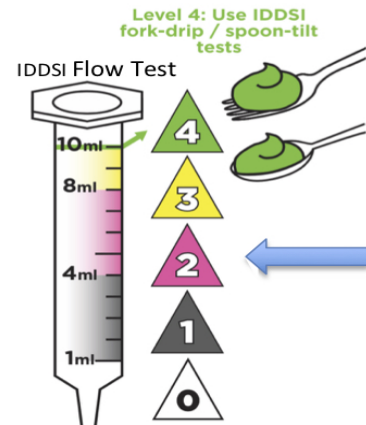
#### Why is this thickness level used for babies and children?

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?

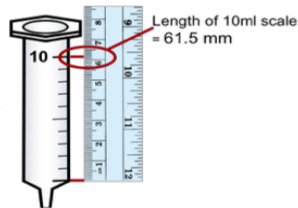
It is safest to measure the thickness using the IDDSI Flow Test. The IDDSI Flow Test measures how thick a liquid is by how much goes through a 10 mL syringe in 10 seconds. IDDSI recommends that you use a 10 mL syringe to check to make sure you have the correct thickness level using the instructions below. 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.



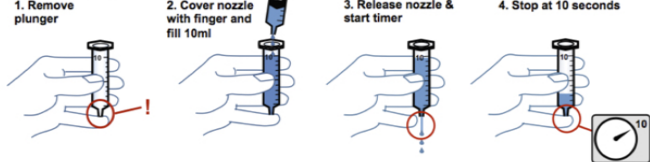
See videos of the IDDSI Flow Test at

[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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childrenscolorado.org

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