

## SimplyThick EasyMix Moderately 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:



**MODERATELY THICK** /Honey

Use 12g (1 yellow packet or 2 pumps) per 4 fluid ounces

## Mixing Directions

1. Add 1 packet of Moderately Thick SimplyThick EasyMix (12 gram yellow packet) to 4 ounces of liquid OR if using the pump, put 2 pumps (12 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>



## MODERATELY THICK



### Level 3 Moderately Thick Liquids for Babies and Children

#### What is this thickness level?

Level 3 - Moderately Thick drinks:

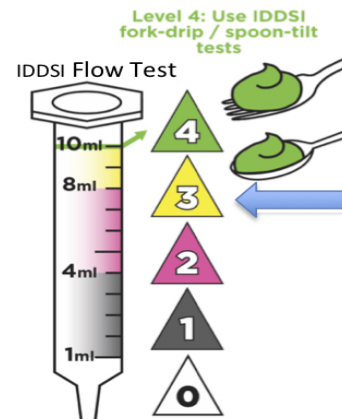
- ✓ Can be drunk from a cup or taken with a spoon
- ✓ Need some effort to drink them through a *wide* diameter straw and cannot be sucked through an infant teat/nipple
- ✓ Have a smooth texture with no lumps, fibers or seeds

#### 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?

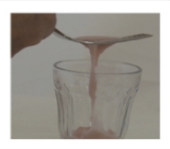
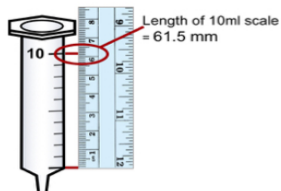
It is safest to measure Moderately Thick drinks using the IDDSI Flow Test *and* the IDDSI Fork Drip Test. These tests measure how thick a liquid is by how fast it flows through a 10 mL syringe in 10 seconds and how quickly it flows through the prongs of a dinner fork. IDDSI recommends that you use a 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/](http://www.IDDSI.org/framework/drink-testing-methods/)

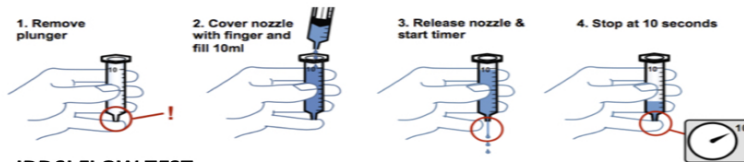
#### Before you test...

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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