

SimplyThick EasyMix Slightly Thick Directions

SimplyThick EasyMix is a gel-based thickening agent is recommended for your child because of swallowing problems.

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

Your Child Needs:



1 SLIGHTLY THICK /Half-strength nectar

Use 4g (1 grey packet) for every 4 fluid ounce

or

Use 6g (1 pink packet or 1 pump) for every 8 fluid ounce

or

1 pump for every 6 fluid ounce

Your Child Can Drink:



Up to 25% of his/her 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 grey (4 gram) packet of Slightly Thick Simply Thick EasyMix to 4 ounces.
 - a. OR if using the pink (6 gram) Mildly Thick packets or the large pump: put 1 pink packet or 1 pump (6 grams) into 8 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)

Important Reminders:

- 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, discoloring 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>



1 SLIGHTLY THICK



Use of Level 1 Slightly Thick Liquids for Babies and Children

What is this thickness level?

Level 1 - Slightly Thick drinks:

- ✓ Are thicker than water
- ✓ Can flow through a straw, teat/nipple

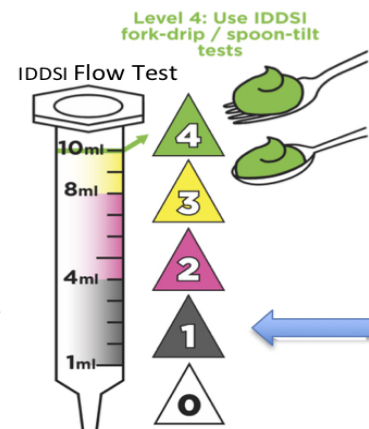
Why is this thickness level used for babies and children?

Level 1 – Slightly Thick is most often used if your child is having swallowing problems with thin liquids. Slightly Thick liquids are thicker than water, but still thin enough to flow through an infant teat/nipple.

Some drinks may naturally be slightly thick (like some fruit nectars or milks). Expressed breast milk or infant formula may be thickened to the Slightly Thick level. Your clinician will help you find the best type of nipple/teat to use with Slightly Thick liquids for your child. Slightly Thick drinks can also be taken using a spout cup or standard cup.

How do I measure my liquid or drink to make sure it is Level 1 Slightly 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 1- Slightly Thick liquids, there should be **1-4 mL remaining** in the syringe after 10 seconds of flow. Your clinician may give you a specific number between 1-4 mL to aim for.

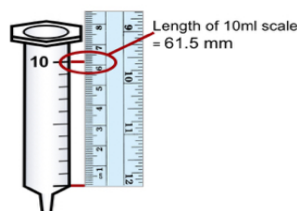


See videos of the IDDSI Flow Test at

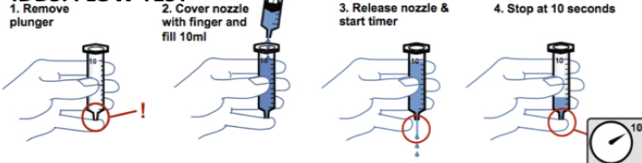
www.IDDSI.org/framework/drink-testing-methods/

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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