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اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید.

ਜੇ ਤੁਹਾਨੂੰ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ 'ਤੇ ਫੋਨ ਕਰੋ: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

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আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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## Naturally thick drinks that are suitable for people with swallowing difficulties

Speech and Language Therapy Department



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## Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty.

If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email [asp-tr.patient.advice@nhs.net](mailto:asp-tr.patient.advice@nhs.net). If you remain concerned, the team can also advise upon how to make a formal complaint.

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A range of drinks tested by The Speech and Language Therapy Department at Ashford and St Peter's NHS Foundation Trust using standardized scientific measures (IDDSI Flow Test)

Fluid level descriptors for reference

**0 THIN**

**What is this thickness level?**

Level 0 - Thin liquids:

- Flow like water
- Can flow through a straw or teat / nipple

**1 SLIGHTLY THICK**

**What is this thickness level?**

Level 1 - Slightly thick liquids:

- Are thicker than water
- Can flow through a straw

*Using Nuttilis Clear - this would be adding 1 level scoop to 200mls of thin fluid*

**2 MILDLY THICK**

**What is this thickness level?**

Level 2 - Mildly Thick liquids:

- Are sippable
- Pour quickly from a spoon but slower than thin fluids and slightly thick fluids
- Needing some effort when using a straw with these fluids

*Using Nuttilis Clear - this would be adding 2 level scoops to 200mls of thin fluid*

## Level 0 - Thin Fluids

The following refrigerated drinks have been tested by the Speech and Language Therapy team at St Peter's Hospital and **must be thickened** to the level you have been advised (e.g., Level 2 = 2 scoops per 200mls).



Naked Red Machine Smoothie



Naked Rainbow Machine Smoothie



Tropicana Orange & Mango Juice



Yazoo Chocolate Milk



Morrison's Apple & Raspberry Super Smoothie

\* Important: This only applies to the specific drinks and flavours pictured - even different flavours of the same drink may vary.

## Level 2 - Mildly Thick Drinks

The following refrigerated drinks have been tested by the Speech and Language Therapy team at St Peter's Hospital and have been deemed suitable for patients who need level 2 thickened fluids.



ASDA Kefir Raspberry



Biotiful Kefir Drink Strawberry



YOP Strawberry

\* Important: This only applies to the drinks and flavours pictured - even different flavours of the same drink may vary

## Level 2 - Mildly Thick Drinks

The following refrigerated drinks have been tested by the Speech and Language Therapy team at St Peter's Hospital and have been deemed suitable for patients who need level 2 thickened fluids.



Innocent Strawberries & Banana Smoothie



Innocent Guava, Pineapple & Apple Smoothie



Innocent Blueberries, Peaches & Apple Smoothie



M&S Mango, Pineapple & Passionfruit Smoothie

\* Important: This only applies to the specific drink and flavours pictured - even different flavours of the same drink may vary

## Level 0 - Thin Fluids

The following refrigerated drinks have been tested by The Speech and Language Therapy Team at St Peter's Hospital and **must be thickened** to the level you have been advised (e.g. Level 2 = 2 scoops per 200ls).



Shaken Other Dairy Free Chocolate Milk



Innocent Energise Smoothie



UFit Lite Strawberry Milkshake

\* Important: This only applies to the specific drinks and flavours pictured - even different flavours of the same drink may vary

## Level 1 - Slightly Thick Drinks

The following refrigerated drinks have been tested by the Speech and Language Therapy team at St Peter's Hospital and have been deemed suitable for patients who need level 1 thickened fluids.



UFit Chocolate milkshake



UFit White Chocolate milkshake



Frijj Milkshake



Muller Kefir Raspberry & Pomegranate Smoothie

\* Important: This only applies to the specific drinks and flavours pictured - even different flavours of the same drink may vary

## Level 1 - Slightly Thick Drinks

The following refrigerated drinks have been tested by the Speech and Language Therapy team at St Peter's Hospital and have been deemed suitable for patients who need level 1 thickened fluids.



Waitrose Strawberry & Banana Smoothie



Asda Pineapple, Coconut & Banana Smoothie



Sainsbury's Mango & Passionfruit Smoothie



Waitrose Apple, Pear & Kiwi Smoothie

\* Important: This only applies to the specific drinks and flavours pictured - even different flavours of the same drink may vary