

resource®  
**ThickenUP®**  
clear

The clear, reliable  
and trusted solution  
for people with dysphagia

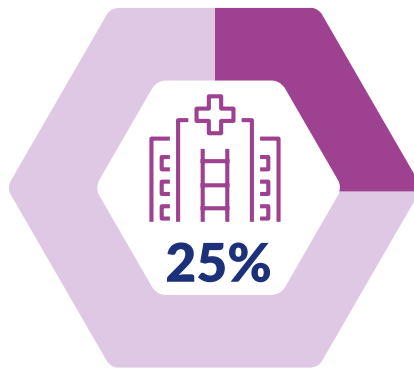


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# Dysphagia is a significant issue, affecting:



Approximately 13% of people in the community<sup>1</sup>

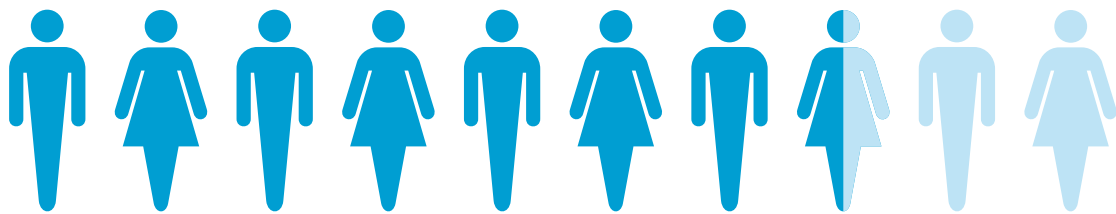


Approximately 25% of patients in hospitals<sup>1</sup>



At least 60% of elderly residents living in long-term care facilities<sup>1</sup>

People with dysphagia are usually required to consume thickened fluids to ensure safety.



**75%** of individuals in long-term care have been reported to be dehydrated when relying on thickened liquids for oral hydration.<sup>1</sup>

Dehydration can lead to adverse health outcomes, including:

- Falls
- Constipation
- Urinary tract infection
- Impaired mental state
- Pressure ulcers associated with being bed-bound<sup>1</sup>

Providing a solution to people with dysphagia that encourages enjoyment of their preferred beverage will help to increase the amount of fluid they consume every day, be it white tea, a strong coffee, or a simple glass of water.



# Why RESOURCE® THICKENUP® Clear?

**RESOURCE® THICKENUP®**  
Clear is a trusted xanthan gum powdered thickener, providing a clear solution for people requiring thickened fluids.



Tasteless and odourless

Transparent and lump-free

Thickens and stabilises rapidly and maintains stability in a range of hot and cold liquids

Does not contribute significant amounts of fibre to daily intake



Clinically substantiated to improve the safety of swallowing<sup>1,2,3</sup>

Reduces the number of penetrations and aspirations<sup>3,4</sup>

Does not enhance pharyngeal residue, unlike starch-based thickeners<sup>3,4</sup>

## RESOURCE® THICKENUP® Clear is easy to use

Recommended dosage of RESOURCE® THICKENUP® Clear according to the IDDSI<sup>†</sup> framework:

Water, Juice, Cordial, Tea, Coffee <sup>^</sup>	IDDSI Framework			
	Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick	Level 4 Extremely Thick
200mL Liquid	1 Blue Scoop	2 Blue Scoops	4 Blue Scoops	6 Blue Scoops <sup>‡</sup>

It is the responsibility of the person administering RESOURCE® THICKENUP® Clear to ensure that the liquid is mixed to the appropriate consistency.

1 Blue Scoop (1.2g) = 1 RESOURCE® THICKENUP® Clear stick sachet.

<sup>†</sup>International Dysphagia Diet Standardisation Initiative.

<sup>‡</sup>Level 4 Extremely Thick liquids are evaluated as IDDSI compliant based on Spoon Tilt Test.

**RESOURCE® THICKENUP® Clear is able to thicken a wide range of your resident or patient's preferred beverages, providing variety and enjoyment to the simple task of drinking a beverage with friends. These include:**



<sup>^</sup> Refer to a healthcare professional when mixing protein or citric acid containing liquids (e.g. milk, oral nutritional supplements, juice, carbonated and alcoholic beverages). These liquids behave uniquely when mixed with RESOURCE® THICKENUP® Clear.

# Introducing our packaging with the IDDSI<sup>†</sup> framework\*

Ensuring ongoing patient safety under the new thickening standards.



RESOURCE® THICKENUP® Clear 1.2g sachets – new label from start of 2020.

Nestlé Health Science has a range of materials, tools and services to help support staff and patients on the education of dysphagia and the use of RESOURCE® THICKENUP® Clear. Please contact your Account Specialist to understand more of what Nestlé Health Science can offer.

<sup>†</sup>International Dysphagia Diet Standardisation Initiative.

**\*No change to RESOURCE® THICKENUP® Clear formulation.**

**REFERENCES:** 1. Cichero J 2013 Thickening agents used for dysphagia management: effect on bioavailability of water, medication and feelings of satiety. Nutrition Journal 12:54. 2. Hibberd 2011. Acceptance, compliance, and tolerance of a novel Xanthan Gum-Based Thickener in Oropharyngeal Dysphagia Patients. 3. Rofes L et al 2014. The effects of a xanthan gum-based thickener on the swallowing function of patients with dysphagia. Aliment Pharmacol Ther. 2014 May;39(10):1169-79. 4. Vilardell et al. Dysphagia 2016;31(2):169-179.

RESOURCE® THICKENUP® Clear is a food for special medical purposes for the dietary management of people with swallowing difficulties. Must be used under medical supervision.

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