



Guide for Switching to

Osmosip[®]
CLEAR & THICK™

From Nutilis Clear



MIXING INSTRUCTIONS for Osmosip Clear & Thick



STEP 1

Using the scoop provided in the tin, add the recommended quantity of Osmosip powder into a dry empty container (e.g. glass, cup, jug).



STEP 2

Add the liquid into the container containing the powder and stir immediately and rapidly with a fork or spoon for 10 seconds or until completely dissolved.



STEP 3





Leave to stand for a few minutes until desired thickness level has been reached before serving.

Switching from existing Nutilis Clear to Osmosip Clear & Thick

- ▶ If you are thickening your liquids to level 1 or level 2 IDDSI level thickness then no change is needed – you will use the same number of scoops of Osmosip as you did with Nutilis Clear.
- ▶ For level 3 thickness you will need to add one extra scoop of Osmosip and for level 4 you will use one less scoop of osmosip than you did when using nutilis clear, i.e. level 3 requires 4 scoops and level 4 requires 6 scoops of Osmosip.

Nutilis Clear





Your Previous Thickner

IDDSI	Scoops per 200ml Liquid
Level 1/ Slightly Thick	 x 1
Level 2/ Mildly Thick	 x 2
Level 3/ Moderately Thick	 x 3
Level 4/ Extremely Thick	 x 7



Osmosip
CLEAR & THICK

Your New Thickner

IDDSI	Scoops per 200ml Liquid
Level 1/ Slightly Thick	 x 1
Level 2/ Mildly Thick	 x 2
Level 3/ Moderately Thick	 x 4
Level 4/ Extremely Thick	 x 6

NEED MORE INFORMATION?

Your speech and language therapist/healthcare professional will be able to support you with any questions you may have. If you have any questions on Osmosip Clear & Thick you can also phone our carer and patient helpline on 020 8895 6170 or email on helpcentre@osmosip.com