



Guide for Switching to

Osmosip[®]
CLEAR & THICK[™]

From Resources Thickenup 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 **Resource Thickenup Clear** to **Osmosip Clear & Thick**

NO CHANGE IS REQUIRED



Both the thickeners have identical mixing instructions and number of scoops required to achieve each IDDSI thickening stages.

Resource Thickenup clear





Your Previous Thickener

Osmosip
CLEAR & THICK

Your New Thickener

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



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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