



# Guide for Switching to

**Osmosip**<sup>®</sup>  
CLEAR & THICK<sup>™</sup>

From Thick & Easy 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 **Thick & Easy Clear** to **Osmosip Clear & Thick**

- ▶ If you are thickening your liquids to level 1, level 2 or level 4 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 than you did when using Thick n Easy clear. i.e. level 3 requires 4 scoop of osmosip

### Thick & Easy 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 6



**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](mailto:helpcentre@osmosip.com)