

# Swalloweze Clear Food & Drink Guidelines



Patient Name:

Date:

DOB:

MRN:

Fluid Consistency		Food		
LEVEL 2 <i>Mildly Thick</i>				
	Water / Cordial	Fruit Juice / Carbonated	Tea / Coffee	Milk
Scoops of Swalloweze Clear required per 200ml	2 	2 	2 	2 
Tips During Mealtimes	<ul style="list-style-type: none"> <li>✓ Fully alert</li> <li>✓ Sitting in an upright position</li> <li>✓ Remain upright for 30 minutes after a meal/snack</li> </ul>			

Please contact \_\_\_\_\_ Speech & Language Therapist,  
tel \_\_\_\_\_ if you have any questions or signs of aspiration are observed.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

Title: \_\_\_\_\_

**Swalloweze**  
CLEAR

# Swalloweze Clear

## How to Use



Swalloweze Clear can be mixed using a spoon or a shaker (if you have one available to you).

### **OUR RECOMMENDED METHOD IS: (for best results, use a shaker unless the fluid is hot or carbonated)**

1. Add the recommended scoops of Swalloweze Clear to a shaker, glass or beaker
2. Add 200ml of fluid
3. Shake / stir vigorously for 20 seconds until powder is completely dissolved
4. Allow to stand for 3 minutes. Thicker fluids such as juice or fluids containing milk may take up to 10 minutes to reach desired consistency.



### **Additional Tips From Our Speech & Language Team**

**To achieve the best results**, only use the plastic scoop that comes in the tub. Add all the Swalloweze Clear powder at once and start stirring as soon as possible. Stop stirring once the Swalloweze Clear powder had dissolved as this will help to prevent air bubbles forming.

**When mixing hot drinks (temp > 60°C)**, always allow them to cool slightly before adding Swalloweze Clear. If you are thickening tea or coffee, always add the milk and / or sugar before adding Swalloweze Clear powder.

To achieve best results **when mixing carbonated drinks**: stir until the drink has gone flat. Then add the appropriate amount of Swalloweze Clear powder.

For further information or support, please contact your local Nualtra account manager or call us on:  
**0118 4532853**

