

Making thickened fluids

Level of thickened fluid

Description

Level 2 Mildly Thick

Stage 1: 'Syrup'

- Easily pourable
- Similar consistency to single cream, thin syrup
- Can be drunk from a cup

Leaves a thin coating on the back of a fork



Level 3 Moderately Thick

Stage 2: 'Custard'

- Slightly thicker, drizzles when poured
- Similar consistency to honey
- Can be drunk from a cup

Leaves a thick coating on the back of a fork



Level 4 Extremely Thick

Stage 3: 'Pudding'

- Not pourable
- Similar consistency to yogurt
- Needs to be taken with a spoon

Holds its shape on a fork



Things to remember:

1. Always check the level of thickener which each resident requires
2. Add flavour (e.g. fruit juice, squash) as plain water often tastes unpalatable
3. Ensure the resident is in an upright and comfortable position to drink safely
4. Give residents plenty of time to eat and drink so they are not rushed
5. Check the resident has swallowed before offering more food or fluid
6. Always inform senior staff if you notice a change in a resident's swallow