

## DESCRIPTION

Resource® ThickenUp® is a starch based instant food and drink thickener for patients with swallowing difficulties. It mixes easily and rapidly in hot and cold liquids and foods. Resource® ThickenUp® is a Food for Special Medical Purposes.

## PRESENTATION

227g re-sealable tin with a 4.5g scoop (approx.), 6 tins per case.

## INDICATIONS

ACBS approved, prescribable on FP10 (GP10 in Scotland) for patients requiring thickening of liquid or food for the dietary management of dysphagia due to conditions such as stroke, Parkinson's disease, muscular dystrophy, motor neurone disease, multiple sclerosis, neurological disorders caused by injury or disease, and malignancies of the oral cavity and throat.

## INGREDIENTS

Modified Food Starch (Maize). May contain milk.

## ADMINISTRATION AND DOSAGE

It is the responsibility of the person administering Resource® ThickenUp® to ensure the liquid or food is mixed according to IDDSI guidelines. The consistency should be recommended by a speech and language therapist.

IDDSI FRAMEWORK	200ml liquids (water, juice, tea, coffee)
LEVEL 1/SLIGHTLY THICK	1 ½ scoops
LEVEL 2/MILDLY THICK	2 scoops
LEVEL 3/MODERATELY THICK	2 ½ scoops
LEVEL 4/EXTREMELY THICK	3 scoops

## SHELF LIFE AND STORAGE

24 months from date of manufacture. Store unopened in a cool, dry place. Once opened, consume within 8 weeks.

## PRECAUTIONS

Suitable for children above 3 years of age. Use under medical supervision. Not suitable as sole source of nutrition. For oral consumption only. Must only be consumed when mixed with food or drink.



Suitable for children above 3 years of age



Gluten Free



Halal

## PREPARATION INSTRUCTIONS

### FOR THICKENING LIQUIDS

Use the dosage scoop included in the tin

1. While stirring briskly, SLOWLY add Resource® ThickenUp® using only the enclosed scoop to hot or cold liquid or food.
2. Stir with a fork or whisk until the powder has completely dissolved to reach the required consistency.

Note: Resource® ThickenUp® can be prepared using a blender at low speed for 5 to 10 seconds. Do not over mix.

All prepared products should be tightly covered and consumed within 6 hours at room temperature or within 24 hours if refrigerated. Discard any unfinished heated product.

For puréed food add Resource® ThickenUp® as needed, to achieve the appropriate consistency.

## NUTRITION INFORMATION

Typical values	Per 4.5 g*	Per 100g
Energy kJ	69.7	1552
Energy kcal	16.4	365
Fat (<0.5 % kcal) g		<0.15
of which saturates g		<0.10
Carbohydrate (99% kcal) g	4.1	90
of which sugars g	<0.09	<1.9
Fibre (<0.5% kcal) g		<1.0
Protein (<0.5% kcal) g		<0.50
Salt g	<0.02	<0.50
<b>Minerals</b>		
Sodium mg	9	<200
Sodium mmol	0.39	8.7

\* per scoop

Recipe Code: MD008

