



THICK-N INSTANT Liquid

THICKENING CONCENTRATE FOR THE MANAGEMENT OF DYSPHAGIA

Complete Preparation Guide



1 pump = 5.4mL

COLD BEVERAGES (WATER, JUICE~, CORDIALS, ICED TEA, ISOTONIC BEVERAGE)*

SINGLE SERVE	VOLUME OF LIQUID 200mL	SLIGHTLY THICK	MILDLY THICK	MODERATELY THICK	EXTREMELY THICK	<p>Measure appropriate amount of liquid into a clean glass or jug and add required number of pumps. Mix briskly with a spoon for 30 seconds. Serve immediately. Beverages not consumed within 2 hours can be covered and stored refrigerated for up to 24 hours. All beverages not consumed between 2 and 4 hours cannot be refrigerated and should be discarded within 4 hours.</p> <p>Compliant with IDDSI framework over temperature range 4-20°C.</p>
		1x	2x	4x	8x	

HOT LIQUIDS (BLACK TEA, BLACK COFFEE, WHITE TEA^, WHITE COFFEE)**

SINGLE SERVE	VOLUME OF LIQUID 150-200mL	SLIGHTLY THICK	MILDLY THICK	MODERATELY THICK	EXTREMELY THICK	<p>Measure appropriate amount of liquid into a clean glass or jug and add required number of pumps. Mix briskly with a spoon for 30 seconds.</p> <p>Compliant with IDDSI framework over temperature range 65-25°C. For patient safety recommend hot beverages are cooled to 60°C prior to serving.</p>
		1x	2x	4x	8x	

MILKS** (PASTEURISED, HOMOGENISED FULL CREAM, LITE AND SKIM MILK AND ORIGINAL, LITE AND SKIM SOY MILKS, OAT MILK, ALMOND MILK)

SINGLE SERVE	VOLUME OF LIQUID 200mL	SLIGHTLY THICK***	MILDLY THICK***	MODERATELY THICK	EXTREMELY THICK	<p>Measure appropriate amount of liquid into a clean glass or jug and add required number of pumps. Mix briskly with a spoon for 30 seconds. Serve immediately. Plant based milks and mineral fortified milks continue to thicken and are not suitable for overnight hold. Discard unconsumed beverages after 2 hours.</p> <p>A hold for up to 10 minutes may be required.</p> <p>Compliant with IDDSI framework over temperature range 4-20°C.</p>
		1x	2x	4x	8x	

~ Juice means 100% pulp free IDDSI compliant Juice, Fruit Juice and Fruit Juices made from concentrate.

* When mixing acidic beverages such as juices, beverages containing citric acid (E330) and ascorbic acid (E300) and beverages that contain large quantities of salt such as isotonic sports drinks a hold time of up to 5 minutes may be required as these liquids thicken slowly when thickened with Precise Thick-N INSTANT.

^ White = Pasteurised, Homogenised Full cream, Lite and Skim milk and Original, Lite and Skim Soy Milks, Oat Milk and Almond Milks mixed at an 80:20 ratio.

** The protein and fat content of milk can vary greatly. It is recommended to consult a health care professional when thickening milk with Precise Thick-N INSTANT. These preparation guidelines are applicable to Full cream milk with a fat content of 3.8% and a protein content of 3.4%, Lite milk with a fat content of 1.3% and a protein content of 3.4%, Skim milk with a fat content of 0.1% and a protein content of 3.4%, Original soy milk with a fat content of 3.0% and a protein content of 3.3%, Lite milk with a soy milk with a fat content of 3.0% and a protein content of 1.8%, Skim soy milk with a fat content of 0.1% and a protein content of 3.1%.

*** Level 1 and 2 mineral fortified milks and plant base milks continue to thicken on standing and are not suitable for overnight hold. Increase volume to 210-220 mL for Level 1 and 2 plant based milks.