

# NUTILIS CLEAR PRESCRIBING GUIDE



Nutilis Clear is a xanthan gum based thickening powder designed to maintain the normal appearance of fluids, which may improve patient compliance and hydration. It has amylase resistant features to protect against the action of amylase, in order to help ensure a safer swallow by maintaining correct consistency in the mouth<sup>1</sup>.

The table below can help clinicians determine the amount of Nutilis Clear required by patients over a certain time period. The amount of Nutilis Clear needed will depend on the daily fluid intake, as well as the fluid consistency patients require. Fluid requirements and intake are dependent on a number of factors and should be determined by a clinician, dietitian, or speech and language therapist.

Additionally, patients may require Nutilis Clear for use with food intake, which should be considered when prescribing Nutilis Clear.

Although the amounts shown below are based on the International Dysphagia Diet Standardisation Initiative (IDDSI), in clinical practice a wide variation of recommendations for fluid consistencies are present. It is recommended, therefore, that the prescriber is guided by the requesting clinician when prescribing Nutilis Clear. The quantity of Nutilis Clear required may vary slightly depending on the type, temperature, or thickness of the liquid.

Level 1 = 1 scoop					
Daily fluid intake	Scoops per day	Scoops per week	Scoops per month*	Tins per week	Tins per month*
500ml	2.5	18	70	0.1	0.4
1000ml	5	35	140	0.2	0.8
1500ml	7.5	53	210	0.3	1.2
2000ml	10	70	280	0.4	1.6
2500ml	12.5	88	350	0.5	2.0

Level 2 = 2 scoops					
Daily fluid intake	Scoops per day	Scoops per week	Scoops per month*	Tins per week	Tins per month*
500ml	5	35	140	0.2	0.8
1000ml	10	70	180	0.4	2.0
1500ml	15	105	420	1	2.0
2000ml	20	140	560	0.8	3.2
2500ml	25	175	700	1.0	4.0

Level 3 = 3 scoops					
Daily fluid intake	Scoops per day	Scoops per week	Scoops per month*	Tins per week	Tins per month*
500ml	7.5	53	210	0.3	1.2
1000ml	15	105	420	0.6	2.4
1500ml	22.5	158	630	0.9	3.6
2000ml	30	210	840	1.2	4.8
2500ml	37.5	263	1050	1.5	6.0

Level 4 = 7 scoops					
Daily fluid intake	Scoops per day	Scoops per week	Scoops per month*	Tins per week	Tins per month*
500ml	17.5	123	490	0.7	2.8
1000ml	35	245	980	1.4	5.6
1500ml	52.5	368	1470	2.1	8.4
2000ml	70	490	1960	2.8	11.2
2500ml	87.5	613	2450	3.5	14.0

\*1 month = 28 days. Note: 1 tin = 175g, 1 scoop = 1.25g.

Reference: 1. Oudhuis L et al. Clin Nutr Suppl, 2011; 6(1): 18(OP043).

For healthcare professional use only. Nutilis Clear is a Food for Special Medical Purposes and must be used under medical supervision.