

Dear Customer

## Nutlis Clear alignment with IDDSI



As a result of the recent endorsement by the Royal College of Speech and Language Therapists (RCSLT) and the British Dietetic Association (BDA) of the International Dysphagia Diet Standardisation Initiative (IDDSI), I am delighted to inform you that Nutlis Clear will be aligning with the new IDDSI Framework. As a result, the scoop in the tins of Nutlis Clear will be changing from a purple 3g scoop to a blue 1.25g scoop from early April 2018.

IDDSI was founded with the goal of developing new global standardised terminology and definitions to describe texture modified foods and thickened liquids used for individuals with dysphagia – of all ages, in all care settings, and for all cultures. For more information please visit [www.iddsi.org](http://www.iddsi.org)

## Nutlis Clear and the new IDDSI levels

In relation to fluids, there are four IDDSI levels, which will replace the current UK National descriptors and stages. The table below will help you understand how many new scoops of Nutlis Clear you will need to meet the new IDDSI levels. Your patients that are using Nutlis Clear may need to be reviewed to ensure the new consistencies and levels are clinically appropriate.

## Suggested change to dosing guidelines

UK National Descriptors		➔	IDDSI Framework	
Previous stages per 200ml	Old purple scoop No. of scoops 		New levels per 200ml	New blue scoop No. of scoops 
N/A	N/A		Level 1	<b>1</b> (1.25g)
Stage 1	<b>1</b> (3g)	➔	Level 2	<b>2</b> (2.5g)
Stage 2	<b>2</b> (6g)	➔	Level 3	<b>3</b> (3.75g)
Stage 3	<b>3</b> (9g)	➔	Level 4	<b>7</b> (8.75g)



Nutlis Clear is a Food for Special Medical Purposes in the dietary management of Dysphagia and must be used under medical supervision.

## Timelines for change

Tins of Nutilis Clear with the new scoop, and the new 1.25g sachet, will be available from April 2018. Nutricia have produced support materials for both community and hospital HCPs for your use.

Please note: there may be a short period of time when existing tins and new tins will be available.

## How will I know if I have the new tin?

To determine if you have an old or new tin, you should check the label. The new label will show the four IDDSI levels instead of the existing three stages. There will also be a sticker on the lid of the new tin. **Please note the Nutilis Clear in the tin continues to remain the same.**

### Number of level scoops required for thickening\* (1 scoop = 1.25g)

IDDSI Framework	Level 1 Slightly thick	Level 2 Mildly thick	Level 3 Moderately thick	Level 4 Extremely thick
No. scoops per 200 ml	1	2	3	7

\*The quantity of Nutilis Clear used may vary slightly depending on temperature or thickness of the liquid and viscosity required. For more information, please visit [mynutlis.co.uk](http://mynutlis.co.uk)

## What about Nutilis Powder and the Nutilis range of pre-thickened supplements?

In line with recommendations of the IDDSI Expert Reference Group, Nutilis Powder and the Nutilis range of pre-thickened supplements will be aligned with the new IDDSI descriptors towards the end of 2018/early 2019

If you need any further information or assistance please contact the Nutricia Resource Centre or alternatively contact your local Nutricia Representative.

UK – 01225 751098 or [resourcecentre@nutricia.com](mailto:resourcecentre@nutricia.com)  
NI – 0800 028 3416 or [dietitians.ireland@nutricia.com](mailto:dietitians.ireland@nutricia.com)

Please share this information with any relevant members of your team.

Yours faithfully,

Nutricia Dysphagia Team