

# NUTILIS CLEAR PRESCRIBING GUIDE



Nutrilis 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 Nutrilis Clear required by patients over a certain time period. The amount of Nutrilis 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 Nutrilis Clear for use with food intake, which should be considered when prescribing Nutrilis Clear. The amounts shown below are based on the International Dysphagia Diet Standardisation Initiative (IDDSI). It is recommended, therefore, that the prescriber is guided by the requesting clinician when prescribing Nutrilis Clear. The quantity of Nutrilis Clear required may vary slightly depending on the type, temperature, or thickness of the liquid.

Level 1 = 1 scoop						
Daily fluid intake	Scoops per week	Grams per week	Tins per week	Scoops per month*	Grams per month	Tins per month*
500ml	18	22	0.1	70	88	0.5
1000ml	35	44	0.3	140	175	1.0
1500ml	53	66	0.4	210	263	1.5
2000ml	70	88	0.5	280	350	2.0
2500ml	88	109	0.6	350	438	2.5

Level 2 = 2 scoops						
Daily fluid intake	Scoops per week	Grams per week	Tins per week	Scoops per month*	Grams per month	Tins per month*
500ml	35	44	0.3	140	175	1.0
1000ml	70	88	0.5	280	350	2.0
1500ml	105	131	0.8	420	525	3.0
2000ml	140	175	1.0	560	700	4.0
2500ml	175	219	1.3	700	875	5.0

Level 3 = 3 scoops						
Daily fluid intake	Scoops per week	Grams per week	Tins per week	Scoops per month*	Grams per month	Tins per month*
500ml	53	66	0.4	210	263	1.5
1000ml	105	131	0.8	420	525	3.0
1500ml	158	197	1.1	630	788	4.5
2000ml	210	263	1.5	840	1050	6.0
2500ml	263	328	1.9	1050	1313	7.5

Level 4 = 7 scoops						
Daily fluid intake	Scoops per week	Grams per week	Tins per week	Scoops per month*	Grams per month	Tins per month*
500ml	123	153	0.9	490	613	3.5
1000ml	245	306	1.8	980	1225	7.0
1500ml	368	459	2.6	1470	1838	10.5
2000ml	490	613	3.5	1960	2450	14.0
2500ml	613	766	4.4	2450	3063	17.5

\*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).

This information is intended for healthcare professionals only.

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