

RESOURCE® THICKENUP®

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

A white powder available in 227g tins 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 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

The consistency should be recommended by a speech and language therapist.

| IDDSI framework | Level 1 Slightly thick | Level 2 Midly thick | Level 3 Moderately thick | Level 4 Extremely thick |
|--|---------------------------|------------------------|-----------------------------|----------------------------|
| 200ml Liquids (water, juice, tea, coffee) | 1½ Scoops | 2 Scoops | 2½ Scoops | 3 Scoops |

1 scoop = approx. 4.5 g
It is the responsibility of the person administering Resource® ThickenUp® to ensure that the liquid is mixed to the appropriate consistency. For food, add Resource® ThickenUp® as needed to achieve the appropriate consistency.

SHELF LIFE AND STORAGE

24 months. 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.

Store in a cool dry place and use within 8 weeks of opening, replacing the lid firmly after use.

PRECAUTIONS

Only suitable from 3 years onwards. 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.



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 |
| Minerals | | |
| Sodium mg | 9 | <200 |
| Sodium mmol | 0.39 | 8.7 |

* per scoop

MD008

PREPARATION AND DOSAGE



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.