



## Level 3 Thickened Liquids (moderately thick)

Allied Healthcare Professional (AHP)  
Speech & Language Therapy Services

Patient name: .....

Date: .....

**The prevention of infection is a major priority in all healthcare and everyone has a part to play.**

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.



## Introduction

You have been assessed by a Speech and Language Therapist (SLT). They have found that you have dysphagia. **Dysphagia** is a difficulty swallowing food, drink or medication.

Your SLT has recommended that you have Level 3 thickened liquids to manage your dysphagia.

This booklet is designed to give you information about having Level 3 thickened liquids. Please contact your SLT if you have any questions after reading this information.

## Why do I need Level 3 thickened liquids?

If your mouth or throat muscles are weak or uncoordinated, it can be difficult to swallow. This can cause any thin liquid you swallow, for example, a drink, to go down the “wrong way” and into the airway. This is called **aspiration**.

Aspiration can happen with or without any signs. A sign that aspiration may have happened, is coughing when drinking. Aspiration that does not show any obvious signs is called **silent aspiration**.

Aspiration can cause chest infections. This can lead to pneumonia.

Having Level 3 thickened liquids reduces the risk of aspiration. This is because thicker liquids move more slowly. This gives you increased control of the liquid and longer for your swallow to happen.

To make Level 3 thickened liquid you will need to use a thickening powder (for example ‘Resource ThickenUp Clear’). This will be prescribed by a doctor, following recommendation by an SLT.

## What are Level 3 thickened liquids?

- Moderately thickened liquids
- Can be drunk from a cup
- Require more effort to drink than a thin drink
- Can be drunk through a straw with some effort (please check with your SLT whether it is safe for you to use a straw, as it can sometimes make swallowing more difficult)

To make Level 3 thickened liquid using **Resource ThickenUp Clear** you need:

**4 level scoops of thickener  
for 200ml of thin liquid**



All liquids, for example, sauces, soups, milk in cereal should be thickened to Level 3.

For savoury foods you can add cornflour, instant potato granules etcetera to thicken sauces instead of thickening powder.

You should not eat foods such as ice-cream and sorbet, as these melt to a thinner liquid in your mouth.

If you have been prescribed any liquid medication please tell your doctor or pharmacist that you are having Level 3 thickened liquids. If you have been prescribed any liquid nutritional supplements please tell your doctor or dietitian. These will need to be reviewed.

## What is Resource ThickenUp Clear?

Resource ThickenUp Clear is a xanthan gum based instant food and drink thickener. It is a Food for Special Medical Purposes for the management of patients with swallowing difficulties and must be used under medical supervision. It is neutral in flavour and should not affect the taste of your liquids.



## How to prepare Level 3 thickened liquids



**4 level scoops of**  
Resource ThickenUp Clear



**Place in a clean dry cup**



**Add 200ml of thin liquid**



**Stir well**



**Leave to stand for 1 minute**



**Check for correct thickness**



**If too thin wait**  
Some drinks may take up to 5 minutes  
to thicken

## Top tips

- Cold drinks can be thickened in large amounts and stored in a tightly covered jug until needed.
- Thickened drinks must be thrown away after 6 hours at room temperature and after 24 hours if left in the fridge.
- Measure the liquids carefully. The amount of thickener needed will be different for different sized cups.
- If you do not like plain thickened water, try adding cordial before thickening.
- For fizzy drinks, stir the drink before thickening to reduce the amount of fizz produced.

To thicken larger amounts of liquid, use the correct number of scoops for the amount of liquid.

Increase the number of scoops of Resource ThickenUp Clear if you have increased the amount of liquid.

Level 3 thickened liquid	
Volume of liquid	Number of scoops
200 mls	4 scoops
600 mls	12 scoops
1000 mls	20 scoops

**Be Aware:** Dry thickening powder can be dangerous if ingested or inhaled. Please keep out of the reach of people who may be at risk of eating the powder (for example those with cognitive or visual problems).

## Contact information

### Speech and Language Therapy

Monday - Friday, 8.00am-4.00pm

Tel: 01902 444363

Email: [rwh-tr.Speech-And-Language@nhs.net](mailto:rwh-tr.Speech-And-Language@nhs.net)

### Dietetics

Monday - Friday, 8.30am-5.00pm

Tel: 01902 695335



**If you need information in another way like easy read or a different language please let us know.**

**If you need an interpreter or assistance please let us know.**

### **Lithuanian**

**Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.**

**Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.**

### **Polish**

**Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.**

**Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.**

### **Punjabi**

**ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।**

**ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।**

### **Romanian**

**Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.**

**Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.**

### **Traditional Chinese**

**如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。**

**如果您需要口译人员或帮助，请告诉我们。**

Designed & Produced by the Department of Clinical Illustration,  
New Cross Hospital, Wolverhampton, WV10 0QP Tel: 01902 695377.