Stage 1
Coating consistency drink

Information for patients
Sheffield Speech and Language Therapy Service
Speech and Language Therapy assessed your swallowing

- Speech and Language Therapy recommend you **thicken** your **drinks**.

- Speech and Language Therapy recommend **Stage 1 consistency**.

- You need **thickening powder**.
How thick is a Stage 1 drink?

- **Stage 1** is like **single cream** or **runny honey**.

- Look at the **instructions** on the **tin**.

- You add ....... **scoops** per ....... **ml** of drink.

- You can sip it from a **cup** or a **straw**.
This is what you do

- **Measure** the amount of your drink (100ml or 200ml).

- **Add** the thickener. Make sure the scoop is **level**.
• Stir the drink with a fork, whisk or shaker.

• Leave the drink for 1 minute.

• Stir and serve.
Things to remember

- You may be at risk of \textit{choking} if you do not thicken your drinks.
- You may be at risk of \textit{chest infections} if you do not thicken your drinks.
- Thickener \textit{does not} have any \textit{taste}.
- The drink may \textit{feel different} in your mouth.
- Drinks may \textit{thicken over time}. You may need to \textit{add extra liquid}.
- You may need to \textit{stir} the drink.
- Add thickener to \textit{all} drinks.

Where to get thickener powder

- If you are \textit{in hospital} the \textit{nurses} will bring the thickener powder to you.
- The \textit{GP} will arrange a prescription when you are \textit{home}.
For further information
Please call Speech and Language Therapy.

Royal Hallamshire Hospital
• 0114 271 2533

Northern General Hospital
• 0114 271 5068

Other Speech and Language Therapy Team