

Stage 1

Coating consistency drink



Information for patients

Sheffield Speech and Language Therapy Service



In hospital and in the community

proud to make a difference

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

Where to get thickener powder

- If you are **in hospital** the **nurses** will bring the thickener powder to you.
- The **GP** will arrange a prescription when you are **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



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