

QUIKTHIK®

MIXING INSTRUCTIONS

OLD STANDARD	NEW STANDARD	IDDSI International Dysphagia Diet Standardisation Initiative	
		PER 150mL	PER 1 LITRE
EXTREMELY THICK Level 900	4 EXTREMELY THICK No Flow	6 sml scoop	6 lge scoop
MODERATELY THICK Level 400	3 MODERATELY THICK 8-10 mL remaining after 10 second flow	4 sml scoop	4 lge scoop
MILDLY THICK Level 150	2 MILDLY THICK 4-8 mL remaining after 10 second flow	2 sml scoop	2 lge scoop
n/a	1 SLIGHTLY THICK 1-4 mL remaining after 10 second flow	1 sml scoop	1 lge scoop

STEP 1: Measure out the total amount of QuikThik required and put it into a dry cup/glass/jug. Use only the QuikThik scoops provided

STEP 2: Add fluid and stir immediately

STEP 3: Agitate continually until QuikThik is completely dissolved—do not add more powder

STEP 4: Allow fluids to stand until desired thickness is reached.

NOTES:

For accurate thickness ensure the fluid and thickener amounts used are correct. Use only the QuikThik scoops provided

Agitation can be done by hand with a fork or spoon for small volumes, or by high speed mixing for large volumes - to prevent aeration do not allow the mixer to break the fluid surface.

Warm/hot fluids will reach thickness in approx 1 minute. Cold fluids will thicken slowly over several minutes.



drmacleods.com.au

Ultra; 2/11 Endeavour Drive Kunda Park QLD 4556
T: 07 5445 4460 E: admin@oltra.com.au

Dr. MacLeod's®
Est. 1992