

# QUIKTHIK®

## MIXING INSTRUCTIONS

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

**STEP 3:** Agitate continually until QuikThik is completely dissolved in approx 20 seconds—do not add more powder

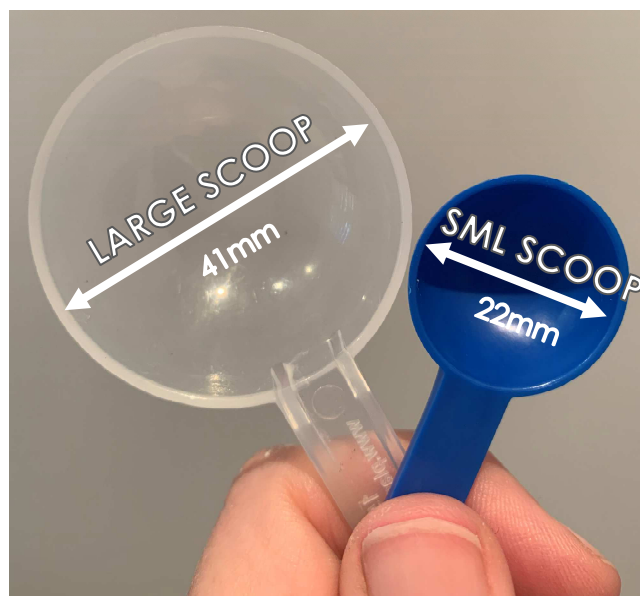
**STEP 4:** Allow fluids to stand until desired thickness is reached. *Test standards achieved after 2-3 mins*

**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.



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