



This Information is intended for Healthcare Professionals only.

**Date:** 30/04/26

**To:** Speech and Language Therapists (SLTs)

**Subject:** Information on thickening liquids (other than water) with Nutilis Clear

Following Healthcare Professional (HCP) feedback and recent discussions with the Royal College of Speech and Language Therapists (RCSLT), we are pleased to provide updated information on the use of Nutilis Clear for thickening liquids other than water. This reflects an area of clinical variability where additional clarity and practical support have been identified as needed. As part of this, we will also be updating our disclaimer to better reflect these considerations.

Nutilis Clear has undergone extensive testing with a range of different liquids. However, due to variations in nutritional composition, such as protein, fat, and pH, the time required to achieve the desired consistency can vary between liquids.

To support clinical practice, a practical resource is currently being developed that will outline typical standing times and provide troubleshooting guidance. This resource is intended to support, but not replace, clinical judgement and local validation. A link to the resource landing page is provided [here](#) and will be updated with the full resource once available in the coming weeks.

Given the inherent variability between liquids, Speech and Language Therapists (SLTs) are encouraged to work collaboratively with relevant members of the multidisciplinary team (MDT) to develop local preparation guidelines and person-centred recommendations in partnership with the patient, taking individual risk into consideration. This approach supports consistency, safety and alignment with local service needs.

**Key Points:**

- *Due to differences in nutritional composition of liquids, standing time for thickening may vary. For example, milk-based drinks may require extended standing times to reach the required consistency*

- *The quantity of Nutilis Clear used may vary depending on temperature, nutrient content, and the required viscosity.*

**Next Steps:** We're working with the RCSLT to develop resources and update our label and disclaimer. Once the new label and disclaimer have been finalised, they will be added to our website and supporting materials. We'll share progress updates as they become available.

If you have any questions or require further clarification, please do not hesitate to contact us.

Kind regards,  
Joanna Hovey  
Head of Adult Medical Affairs – UK and Ireland

Nutilis Clear is a Food for Special Medical Purposes for the dietary management of dysphagia and must be used under medical supervision.