

Contents

| | |
|---------------------------------------|---|
| Arginaid Protein Powder | 2 |
| Boost Isocal | 2 |
| Diben | 2 |
| Ensure Vanilla..... | 3 |
| Ensure Plus (Chocolate) | 3 |
| Fibresource 1.2HN | 3 |
| Fortijuice (Apple)..... | 4 |
| Fresubin 2Kcal | 4 |
| Fresubin Juicy Blackcurrent | 4 |
| Fresubin Renal..... | 5 |
| Glucerna Vanilla | 5 |
| Nepro HP | 5 |
| Nepro LP | 6 |
| Novasource Renal | 6 |
| Novasource Renal (new formula) | 6 |
| Nutren Diabetes..... | 7 |
| Resource 2.0..... | 7 |
| Resource Raspberry Blackcurrent | 8 |
| Fortijuice (Apple) + Propass | 8 |

Arginaid Protein Powder

| Baseline consistency | Room temperature | Thin | | |
|--|------------------|------------------|------------------|--|
| | | | | |
| No. of scoops of thickener (in proportion to 200ml fluid) | Wait Time | | | |
| | 1 | 15 | 30 | |
| 1 | Thin | Slightly thick | Slightly thick | |
| 2 | Slightly thick | Mildly thick | Mildly thick | |
| 4 | Mildly thick | Moderately thick | Moderately thick | |
| 6 | Moderately thick | Extremely thick | Extremely thick | |

Boost Isocal

| Baseline consistency | Room temperature | Thin | | |
|--|----------------------|--------------------|------------------|--|
| | | | | |
| No. of scoops of thickener (in proportion to 200ml fluid) | Wait Time | | | |
| | 1 | 15 | 30 | |
| 1 | Thin | Slightly thick | Mildly thick | |
| 2 | Slightly thick (2.1) | Mildly thick (6.7) | Moderately thick | |
| 4 | Mildly thick | Moderately thick | Moderately thick | |
| 6 | Moderately thick | Extremely thick | Extremely thick | |

Diben

| Baseline consistency | Room temperature | Thin | | |
|--|------------------|------------------|------------------|--|
| | Chilled: | Slightly thick | | |
| No. of scoops of thickener (in proportion to 200ml fluid) | Wait Time | | | |
| | 1 | 15 | 30 | |
| 1 | Slightly thick | Slightly thick | Slightly thick | |
| 2 | Slightly thick | Mildly thick | Mildly thick | |
| 4 | Mildly thick | Moderately thick | Moderately thick | |
| 6 | Mildly thick | Extremely thick | Extremely thick | |

Ensure Vanilla

| Baseline consistency | Room temperature | Thin | |
|--|------------------|------------------|------------------|
| | Chilled: | Thin | |
| No. of scoops of thickener (in proportion to 200ml fluid) | Wait Time | | |
| | 1 | 15 | 30 |
| 1 | Thin | Thin | Slightly thick |
| 2 | Slightly thick | Mildly thick | Moderately thick |
| 4 | Slightly thick | Moderately thick | Moderately thick |
| 6 | Mildly thick | Extremely thick | Extremely thick |

Ensure Plus (Chocolate)

| Baseline consistency | Room temperature | Thin | |
|--|------------------|----------------|----------------|
| | Chilled: | Thin | |
| No. of scoops of thickener (in proportion to 200ml fluid) | Wait Time | | |
| | 1 | 15 | 30 |
| 1 | Slightly thick | Slightly thick | Slightly thick |
| 2 | Slightly thick | Slightly thick | Slightly thick |
| 4 | | | |
| 6 | | | |

Fibresource 1.2HN

| Baseline consistency | Room temperature | Thin | |
|----------------------|--|------------------|------------------|
| | No. of scoops of thickener (in proportion to 200ml fluid) | Wait Time | |
| | 1 | 15 | 30 |
| 1 | Thin | Slightly thick | Slightly thick |
| 2 | Mildly thick | Mildly thick | Mildly thick |
| 4 | Mildly thick | Mildly thick | Mildly thick |
| 6 | Mildly thick | Moderately thick | Moderately thick |

Fortijuce (Apple)

| Baseline consistency | Room temperature | Thin | | |
|--|------------------|------|------|----------------|
| No. of scoops of thickener (in proportion to 200ml fluid) | Wait Time | | | |
| | 1 | 15 | 30 | |
| 1 | Thin | Thin | Thin | |
| 2 | Thin | Thin | Thin | |
| 4 | Thin | Thin | Thin | Slightly thick |
| 6 | Thin | Thin | Thin | Thin |

Fresubin 2Kcal

| Baseline consistency | Room temperature | Slightly thick | | |
|--|------------------|------------------|------------------|------------------|
| No. of scoops of thickener (in proportion to 200ml fluid) | Wait Time | | | |
| | 1 | 15 | 30 | |
| 1 | Slightly thick | Mildly thick | Mildly thick | Mildly thick |
| 2 | Mildly thick | Mildly thick | Mildly thick | Mildly thick |
| 4 | Mildly thick | Moderately thick | Moderately thick | Moderately thick |
| 6 | Mildly thick | Moderately thick | Moderately thick | Extremely thick |

Fresubin Juicy Blackcurrent

| Baseline consistency | Room temperature | Thin | | |
|--|------------------|------|------|--|
| No. of scoops of thickener (in proportion to 200ml fluid) | Wait Time | | | |
| | 1 | 15 | 30 | |
| 1 | Thin | Thin | Thin | |
| 2 | Thin | Thin | Thin | |
| 4 | | | | |
| 6 | | | | |

Fresubin Renal

| Baseline consistency | Room temperature | Thin | | |
|--|------------------|------------------|------------------|--|
| | | | | |
| No. of scoops of thickener (in proportion to 200ml fluid) | Wait Time | | | |
| | 1 | 15 | 30 | |
| 1 | Slightly thick | Slightly thick | Slightly thick | |
| 2 | Slightly thick | Slightly thick | Mildly thick | |
| 4 | Slightly thick | Moderately thick | Moderately thick | |
| 6 | Mildly thick | Moderately thick | Extremely thick | |

Glucerna Vanilla

| Baseline consistency | Room temperature | Thin | | |
|--|------------------|------------------|-----------------|--|
| | Chilled: | Slightly thick | | |
| No. of scoops of thickener (in proportion to 200ml fluid) | Wait Time | | | |
| | 1 | 15 | 30 | |
| 1 | Thin | Thin | Thin | |
| 2 | Mildly thick | Mildly thick | Mildly thick | |
| 4 | Mildly thick | Moderately thick | Extremely thick | |
| 6 | Extremely thick | Extremely thick | Extremely thick | |

Nepro HP

| Baseline consistency | Room temperature | Slightly thick | | |
|--|----------------------|--------------------|--------------------|--|
| | Chilled: | Slightly thick | | |
| No. of scoops of thickener (in proportion to 200ml fluid) | Wait Time | | | |
| | 1 | 15 | 30 | |
| 1 | Slightly thick (3.1) | Mildly thick (4.6) | Mildly thick (4.3) | |
| 2 | | | | |
| 4 | | | | |
| 6 | | | | |

- Crystals noted on increasingly thicker modified supplements which affects IDDSI flow rate and accurate interpretation of consistency

Nepro LP

| Baseline consistency | Room temperature | Thin | |
|--|------------------|------------------|------------------|
| No. of scoops of thickener (in proportion to 200ml fluid) | Wait Time | | |
| | 1 | 15 | 30 |
| 1 | Slightly thick | Slightly thick | Mildly thick |
| 2 | Slightly thick | Mildly thick | Mildly thick |
| 4 | Mildly thick | Mildly thick | Moderately thick |
| 6 | Mildly thick | Moderately thick | Extremely thick |

Novasource Renal

| Baseline consistency | Room temperature | Mildly thick | |
|--|------------------|------------------|------------------|
| No. of scoops of thickener (in proportion to 200ml fluid) | Wait Time | | |
| | 1 | 15 | 30 |
| 1 | Mildly thick | Mildly thick | Mildly thick |
| 2 | Mildly thick | Mildly thick | Moderately thick |
| 4 | Mildly thick | Mildly thick | Moderately thick |
| 6 | Mildly thick | Moderately thick | Extremely thick |

Novasource Renal (new formula)

| Baseline consistency | Room temperature | Slightly thick | |
|--|-----------------------|------------------|-----------------------|
| No. of scoops of thickener (in proportion to 200ml fluid) | Wait Time | | |
| | 1 | 15 | 30 |
| 1 | Mildly thick | Mildly thick | Mildly thick |
| 2 | Mildly thick | Mildly thick | <i>Pending retest</i> |
| 4 | <i>Pending retest</i> | Moderately thick | Extremely thick |
| 6 | * Moderately thick | Extremely thick | *Extremely thick |

* Sample has failed at least one test (flow test/ fork drip test/ spoon tilt test) at the corresponding time point

- Please exercise clinical judgement when determining if the individual can safely take this supplement at this level of consistency

Nutren Diabetes

| Baseline consistency | Room temperature | Thin | | |
|--|------------------|------------------|------------------|--|
| No. of scoops of thickener (in proportion to 200ml fluid) | Wait Time | | | |
| | 1 | 15 | 30 | |
| 1 | Slightly thick | Mildly thick | Mildly thick | |
| 2 | Slightly thick | Mildly thick | Mildly thick | |
| 4 | Mildly thick | Moderately thick | Moderately thick | |
| 6 | Mildly thick | *Extremely thick | Extremely thick | |

* Sample has failed at least one test (flow test/ fork drip test/ spoon tilt test) at the corresponding time point

- Please exercise clinical judgement when determining if the individual can safely take this supplement at this level of consistency

Resource 2.0

| Baseline consistency | Room temperature | Slightly thick | | |
|--|------------------|------------------|-------------------|--|
| No. of scoops of thickener (in proportion to 200ml fluid) | Wait Time | | | |
| | 1 | 15 | 30 | |
| 1 | Slightly thick | *Mildly thick | Mildly thick | |
| 2 | Slightly thick | *Mildly thick | *Moderately thick | |
| 4 | Mildly thick | Moderately thick | Extremely thick | |
| 6 | Mildly thick | *Extremely thick | *Extremely thick | |

* Sample has failed at least one test (flow test/ fork drip test/ spoon tilt test) at the corresponding time point

- Please exercise clinical judgement when determining if the individual can safely take this supplement at this level of consistency

Resource Raspberry Blackcurrent

| Baseline consistency | Room temperature | Thin | | |
|--|------------------|------------------|-----------------|--|
| No. of scoops of thickener (in proportion to 200ml fluid) | Wait Time | | | |
| | 1 | 15 | 30 | |
| 1 | Thin | Thin | Thin | |
| 2 | Thin | Slightly thick | Mildly thick | |
| 4 | Slightly thick | Moderately thick | Extremely thick | |
| 6 | Slightly thick | Extremely thick | Extremely thick | |

Fortijuice (Apple) + Propass

| No. of scoops of thickener (in proportion to 200ml fluid) | Wait Time | | |
|---|--------------|------------------|------------------|
| | 1 | 15 | 30 |
| 1 scoop thickener + 1 scoop Propass Stir for 2mins till dissolved | Mildly thick | Mildly thick | Mildly thick |
| 1 scoop thickener + 2 scoops Propass Stir for 2mins till dissolved | | Mildly thick | Mildly thick |
| 2 scoops thickener + 1 scoop Propass Stir for 1.5mins till dissolved | Mildly thick | Mildly thick | Mildly thick |
| 2 scoops thickener + 2 scoops Propass Stir for 1.5mins till dissolved | | Moderately thick | Moderately thick |

We would like to acknowledge Tan Tock Seng Hospital (Speech Therapy Department) and Woodlands Health Campus (Nutrition & Dietetics and Speech Therapy Department) for their contributions.

This resource serves as a guide and is based on testing done in 2021.

Thickening outcomes are dependent on multiple variables such as product batch (e.g, manufacturing date, changes in formula) and test environment (e.g., humidity).

Please refer to the 'Standardised fluid testing protocol' for detailed information including FAQs.