



ThickenUP[®] Junior Preparation Guide

Important overall preparation guidance.....	2
Preparation instructions with formulas.....	3
Preparation instructions with cows' milk.....	4
Preparation instructions with water.....	5
Preparation instructions with orange juice.....	7
Preparation instructions with herbal tea	8
How to check if you have reached the desired thickness: the IDDSI test	9

IMPORTANT NOTICE: Breast milk is best for babies and breastfeeding should continue for as long as possible. ThickenUP[®] Junior is a food for special medical purposes for ages 6 months and up, to be used as a thickener under medical supervision. Not intended to replace breastfeeding.

Important overall preparation guidance*

- Make sure a Healthcare Professional (HCP) has recommended the use of ThickenUp® Junior as well as what thickness level should be used for your child.
- ThickenUp® Junior follows the [International Dysphagia Diet Standardization Initiative \(IDDSI\) standards](#) (click on link) with the following thickness levels for liquids: level 1 (slightly thick), level 2 (mildly thick), level 3 (moderately thick), level 4 (extremely thick).



IMPORTANT NOTICE:

- ThickenUp® Junior is a food for special medical purposes for ages 6 months and up, to be used as a thickener under medical supervision. Make sure to choose age-appropriate liquids for your child. This preparation guide covers some liquids as examples. Usage of ThickenUp® Junior at IDDSI level 4 (extremely thick) is rarely needed and not recommended for below 3 years.
- In case of breast milk, please consult your HCP. Breast milk is best for babies and breastfeeding should continue for as long as possible. ThickenUp® Junior is not intended to replace breastfeeding.
- Preparation method:



Liquid

First have the liquid to thicken ready in a bottle or shaker.



Powder

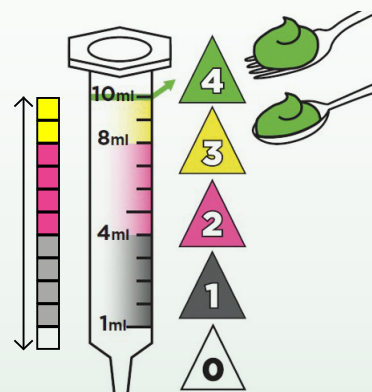
Then add the ThickenUp® Junior powder. The amount of ThickenUp® Junior powder varies between liquids. Please follow the dosing instructions below for the liquid you want to thicken.



Shake

For optimal results, please SHAKE vigorously, do not stir. The recommended shaking time varies between liquids: please follow the instructions below for the liquid you want to thicken.

- When thickening a certain liquid for the first time with ThickenUp® Junior, it is recommended that you check if you have reached the desired thickness level by doing the IDDSI test before serving. See explanation of the IDDSI flow test on the last page.



Preparation instructions with powdered and liquid formulas



Step 1: Select the thickness level and dosing required for your child.

- The following table indicates the average volume of prepared formula to reach the desired thickness level. For example, to obtain IDDSI level 1, mix 90 mL of prepared formula with 1 scoop of ThickenUp® Junior.
- Tip: For optimal results, always follow the manufacturer’s preparation instructions, and allow your prepared formula to cool down to 37°C before mixing it with ThickenUp® Junior. If preferred, ambient temperature (~24°C) also work fine for mixing with ThickenUp® Junior.

Liquid	IDDSI 1 (slightly thick) 1 scoop	IDDSI 2 (mildly thick) 2 scoops	IDDSI 3 (moderately thick) 3 scoops	IDDSI 4 (extremely thick) 5 scoops
Ready-to-feed or prepared powdered formulas*	90 mL	100-120 mL	100-120 mL	IDDSI level 4 can be reached but is not suitable for bottle feeding

*These values represent the average dosing obtained from testing with specialized formulas (eg: peptide based) and must be adapted according to the actual formula used.

Step 2: Follow the mixing instructions for formulas:



Liquid first.

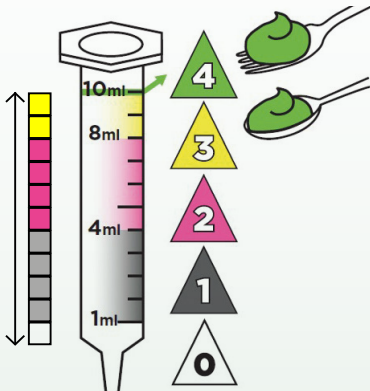


Add ThickenUp® Junior powder.
Use the dosage scoop included in the tin.



- Shake vigorously for 120 seconds.
- Leave to stand for 5 minutes.
- Give one gentle shake and consume.

- When thickening a certain formula for the first time with ThickenUp® Junior, it is recommended that you check if you have reached the desired thickness level by doing the IDDSI test before serving. See explanation of the IDDSI flow test on the last page.



Preparation instructions with cows' milk

Cows' milk is not suitable for consumption in children less than 1 year

Step 1: Select the thickness level and dosing required for your child.

- The following table indicates the average volume of cows' milk recommended to reach the desired thickness level. For example, to obtain IDDSI level 2, mix 100 mL of milk with 2 scoops of ThickenUp® Junior.
- Tip: in case of cold milk coming from the fridge, let it first come to room temperature before mixing and shaking. Indeed shaking with cold milk would create undesired froth.



Liquid	IDDSI 1 (slightly thick) 1 scoop	IDDSI 2 (mildly thick) 2 scoops	IDDSI 3 (moderately thick) 3 scoops	IDDSI 4 (extremely thick) 5 scoops
Cows' milk (whole or semi-skimmed, fresh or UHT)*	80-90 mL	100 mL	90-100 mL	100 mL

*This has been prepared with milk at room temperature.

Step 2: Follow the mixing instructions for cows' milk:



Liquid first.

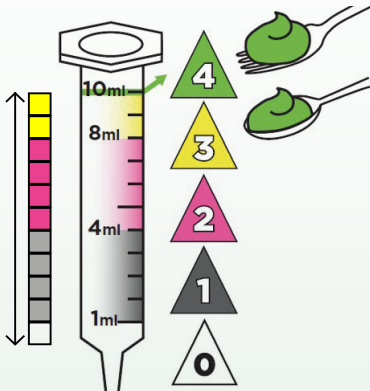


Add ThickenUp® Junior powder.
Use the dosage scoop included in the tin.



- **Shake** vigorously for 120 seconds.
- **Leave to stand** for 5 minutes.
- **Give one gentle shake** and consume.

- When thickening a certain milk for the first time with ThickenUp® Junior, it is recommended that you check if you have reached the desired thickness level by doing the IDDSI test before serving. See explanation of the IDDSI flow test on the last page.



Preparation instructions with water

Step 1: Dosing instructions

- The following table indicates the recommended volume of water in mL to reach the desired thickness level. For example, in case of hard* water, to obtain IDDSI level 2, mix 100 mL of mineral water with 2 scoops of ThickenUp® Junior.
- Is your water hard or soft? See guidance on next page.



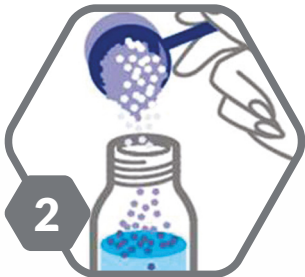
Liquid	IDDSI 1 (slightly thick) 1 scoop	IDDSI 2 (mildly thick) 2 scoops	IDDSI 3 (moderately thick) 3 scoops	IDDSI 4 (extremely thick) 5 scoops
Soft* mineral, tap or carbonated water	Up to 200 mL	Up to 200 mL	150-200 mL	100-150 mL
Hard* mineral or tap water	100 mL	100 mL	100 mL	100 mL

*Soft or hard water? See guidance on next page.

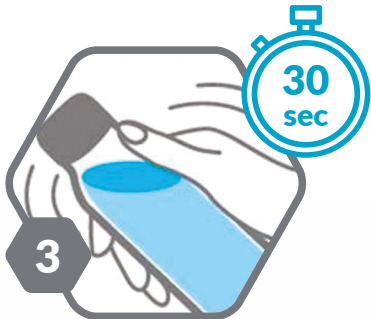
Step 2: Follow the mixing instructions for water:



Liquid first.

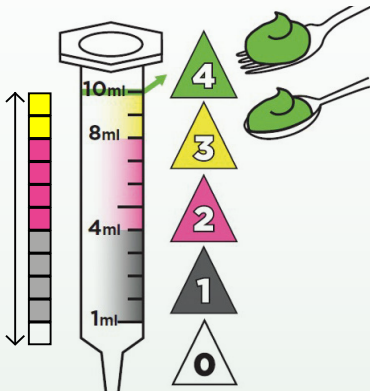


Add ThickenUp® Junior powder.
Use the dosage scoop included in the tin.



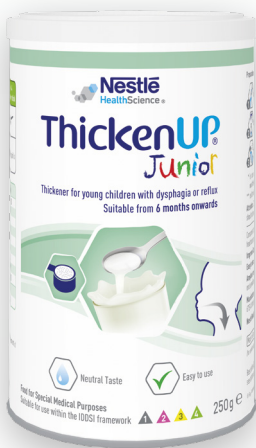
- Shake vigorously for 30 seconds.
- Leave to stand for 5 minutes.
- Give one gentle shake and consume.

- When thickening a certain water for the first time with ThickenUp® Junior, it is recommended that you check if you have reached the desired thickness level by doing the IDDSI test before serving. See explanation of the IDDSI flow test on the last page.



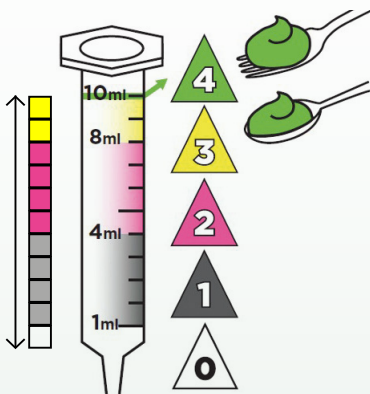
Soft or hard water?

- Soft water requires less ThickenUp® Junior powder to reach a certain thickness level.
- Hard water requires more ThickenUp® Junior powder to reach a certain thickness level.
- This is due to the calcium content present in the water: soft water has a lower calcium content whereas hard water has a high calcium content.



Tips:

1. If you don't know if the water you are using is soft or hard, follow the dosing instructions for soft water first. Then if the result is not thick enough for your need, you can add more ThickenUp® Junior powder to the mix in order to get to a thicker result.



2. When thickening a certain water (tap or bottled) for the first time with ThickenUp® Junior, it is recommended that you check if you have reached the desired thickness level by doing the IDDSI test before serving. See explanation of the IDDSI flow test on the last page.

Preparation instructions with orange juice

Step 1: Dosing instructions

- The following table indicates the recommended volume of juice in mL to reach the desired thickness level. For example, to obtain IDDSI level 3, mix 100 mL of orange juice with 3 scoops of ThickenUp® Junior.



Liquid	IDDSI 1 (slightly thick) 1 scoop	IDDSI 2 (mildly thick) 2 scoops	IDDSI 3 (moderately thick) 3 scoops	IDDSI 4 (extremely thick) 5 scoops
Orange juice*	90 mL	125 mL	100 mL	90 mL

*Orange juice prepared without pulp and at ambient room temperature.

Step 2: Follow the mixing instructions for orange juice:



Liquid first.

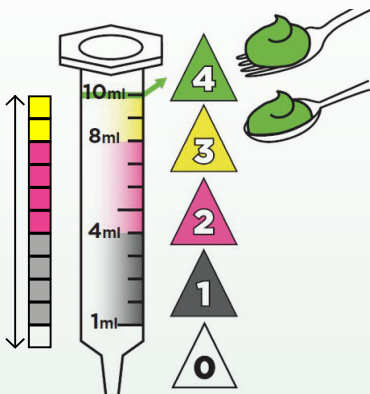


Add ThickenUp® Junior powder.
Use the dosage scoop included in the tin.



- Shake vigorously for 120 seconds.
- Leave to stand for 5 minutes.
- Give one gentle shake and consume.

- When thickening a certain type or brand of orange juice for the first time with ThickenUp® Junior, it is recommended that you check if you have reached the desired thickness level by doing the IDDSI test before serving. See explanation of the IDDSI flow test on the last page.



Preparation instructions with herbal tea

Step 1: Dosing instructions

- The following table indicates the recommended preparation method for chamomile and fennel infusion teas: add one tea bag to boiling tap water and leave to infuse for 10 minutes, then remove the infusion bag and let the liquid cool to the desired serving temperature (37°C or ambient temperature) before adding the required ThickenUp® Junior amount to reach the desired thickness level. For example, to obtain IDDSI level 1, mix 100 mL of cooled-down infusion preparation with 1 scoop of ThickenUp® Junior.



Liquid	IDDSI 1 (slightly thick) 1 scoop	IDDSI 2 (mildly thick) 2 scoops	IDDSI 3 (moderately thick) 3 scoops	IDDSI 4 (extremely thick) 5 scoops
Fennel/Chamomile Infusions*	100 mL	100-150 mL	100-150 mL	100-150 mL

*These values represent the average dosing obtained from testing with certain brands of fennel and chamomile infusions.

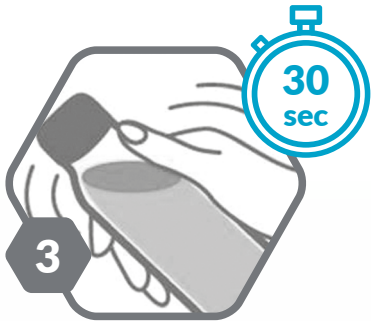
Step 2: Follow the mixing instructions for herbal tea:



Liquid first.

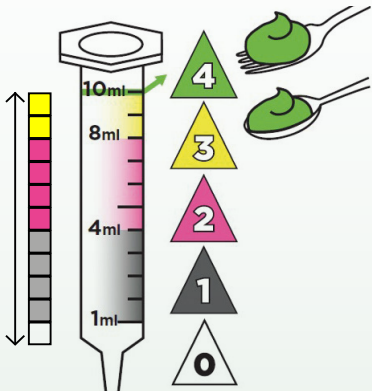


Add ThickenUp® Junior powder.
Use the dosage scoop included in the tin.



- Shake vigorously for 30 seconds.
- Leave to stand for 5 minutes.
- Give one gentle shake and consume.

- When thickening a certain type of tea for the first time with ThickenUp® Junior, it is recommended that you check if you have reached the desired thickness level by doing the IDDSI test before serving. See explanation of the IDDSI flow test on the last page.



If recommended by your HCP, how to check you have reached the desired thickness. IDDSI test.

Flow test for IDDSI levels 1 2 3

1. [Choose the correct syringe](#) (click on link). The IDDSI Flow test uses a **10 mL** slip tip hypodermic syringe.



2. For the IDDSI Flow Test Instructions, have in hand 2 syringes + a stopwatch: use one syringe for drawing the prepared liquid from the shaker/bottle in order to SLOWLY fill the test syringe and one test syringe for performing the **IDDSI Flow Test**.



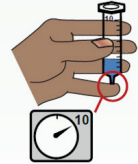
1. Remove plunger



2. Cover nozzle with finger and fill 10 ml



3. Release nozzle & start timer



4. Stop at 10 seconds

3. Watch the [IDDSI Flow Test video](#) (click on link).

4. The IDDSI Flow Test [translated in many languages](#) (click on link).



Fork drip/Spoon tilt test for IDDSI level 4

1. **Fork Drip Test:** Sample sits in a mound/pile above the fork; a small amount may flow through the fork tines/prongs, but it does not flow, dollop or drip continuously through the prongs. This Fork Drip Test can also be used to test IDDSI level 3.



2. **Spoon Tilt Test:** Cohesive enough to hold its shape on the spoon. Not firm or sticky. Falls off easily if the spoon is tilted or lightly flicked. Little food left on spoon.

