NHS
Suffolk and
North East Essex

# Advice on the preparation and administration of macrogol laxatives for residents requiring thickened fluids

Guidance for care home teams

## Background

The Suffolk and North East Essex Integrated Care Board (SNEE ICB) formulary choice of thickener for fluids is Nutilis Clear[1]. This is a gum-based thickener and is suitable for use in thickening macrogol laxatives[2].

As Nutilis Clear is not licensed for thickening medication, there is no published information to explain how it should be prepared to achieve the International Dysphagia Diet Standardisation Initiative (IDDSI) level required.

## Guidance on preparation

To obtain the correct IDDSI level[3]:

1. Mix 200mls of thickened water, following the Nutilis Clear guidelines, to the IDDSI level required.
2. Measure 125mls of the thickened water and add to the required cup for drinking. Discard the remaining 75ml of thickened water. Add the contents of one macrogol sachet to the 125ml of thickened water.
3. Mix vigorously for at least one minute.
4. If necessary, continue to mix until any undissolved lumps of macrogol are dissolved. Please note that the thicker the consistency, the longer it is likely to take to remove lumps.
5. Check that the consistency is at the required IDDSI level before consuming/administering.

## References


1. IDDSI and Nutilis Clear FAQ document produced by Medicines Management Team, Ipswich & East Suffolk CCG in conjunction with Speech and Language Therapy Services ESNEFT, and Medicines Management Team, West Suffolk CCG in conjunction with Speech and Language Therapy Services WSFT

2. SPS, Using thickeners of different types for patients with swallowing difficulties – SPS - Specialist Pharmacy Service – The first stop for professional medicines advice published July 2021. Accessed online 26/7/2023.

3. In house testing: SNEE ICB Medicines Optimisation team and WSFT Dietetics and SALT teams.



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