







THICKENED LIQUIDS FORMULARY

The following formulary will be used across the region to thicken beverages, supplements & food; based on signed contracts.

Beverage	Brand	Directions for Use	Product Image	Order through
<p>Southern Health-Santé Sud has signed a contract with HealthPro. Majority of thickened liquids purchases must be from the HealthPro contract using Sysco Source online to order. Purchase these products below (page 1) with the SYSCO SOURCE Account number. Do NOT order the products on page 1 from Complete Purchasing.</p>				
Pre-Thickened Juice & Flavored Water (Individual Portion)	Sysco Lyons Magnus®	<ul style="list-style-type: none"> Appropriate for people with Diabetes DO NOT USE with PEG 3350 laxative 		Sysco Source
Pre-Thickened Milk (Individual Portion)	Hormel Thick and Easy®	<ul style="list-style-type: none"> Appropriate for people with Diabetes DO NOT USE with PEG 3350 laxative 		Sysco Source
Pre-Thickened Juice & Flavored Water (Bulk Format)	Oasis Hydra+® Sysco Lyons Magnus® Blueberry Pomegranate in bulk if variety is needed	<ul style="list-style-type: none"> Appropriate for people with Diabetes DO NOT USE with PEG 3350 laxative 		Sysco Source
Pre-Thickened Milk (Bulk Format)	Oasis Hydra+® <u>or</u> Milk with ThickenUp Clear®	<ul style="list-style-type: none"> For facilities that have many clients on thickened milk, use pre-thickened product. For facilities with less clients on thickened milk, use milk with ThickenUp Clear® DO NOT USE with PEG 3350 laxative 		Sysco Source

Beverage	Brand	Directions for Use	Product Image	Order through
<p>The products below (page 2) are not on contract with HealthPro and should be purchased in smaller amounts than those on page 1. They may be purchased to add variety in flavors as they are unique and not available on the contract with HealthPRO. Order these items below from Complete Purchasing using your ECPS Account number.</p>				
Pre-Thickened Blueberry Pomegranate flavor only (Bulk format)	Sysco Lyons Magnus®	<ul style="list-style-type: none"> <u>DO NOT USE</u> with PEG 3350 laxative 	Blueberry pomegranate flavor only 	ECPS
Pre-Thickened Peach cocktail	Oasis Hydra+®	<ul style="list-style-type: none"> <u>DO NOT USE</u> with PEG 3350 laxative 		ECPS
Thickened Powder Coffee Tea Plain Water	ThickenUp Clear®	<ul style="list-style-type: none"> <i>It may be used for special products brought in by family members if needed</i> <u>DO NOT USE</u> with PEG 3350 laxative <u>DO NOT USE</u> with Oral nutrition supplements. 		Currently not on contract. Order from ECPS or Sysco Source, whichever has the best price.

Supplements/Food	Brand	Use	Product Image	Order through
<p>The products below (page 3) are used to support special diets/special textures. They may be purchased to add variety and to ensure therapeutic needs are met. Reference the last column to determine where to order the product from.</p>				
Homemade Fortified Pudding	Homemade Fortified Pudding Recipe	<ul style="list-style-type: none"> Use homemade fortified pudding recipe for people requiring nutrition supplementation and thickened liquids DO NOT USE with PEG 3350 laxative 		Made from Scratch
Thickened Ice Cream	Hormel® Magic Cups or Homemade Thickened Ice Cream	<ul style="list-style-type: none"> Use for people who have dysphagia AND are malnourished or require high protein/high calories 		ECPS
Soup Pureed food as needed	Potato Flakes Bread Puree vegetables Corn starch if used during cooking	<ul style="list-style-type: none"> Use food products for thickening <u>before</u> using Lynch's commercial thickener. DO NOT USE with PEG 3350 laxative 		ECPS

DISCLAIMER:

Nestlé Health Science thickener products, ThickenUp® and ThickenUp® Clear, are instant food and drink thickeners that are designed and tested exclusively for use with foods and drinks.

They are not developed, tested or intended for use with medications, and therefore we cannot provide guidance for use with medications.

Health care professionals may wish to refer to the Carlisle (JAMDA, 2016) article for more information [JAMDA, 2016; 17(9). <https://www.ncbi.nlm.nih.gov/pubmed/27569713>].

Pre-Thickened Beverage Shelf Life:

See top of cup or carton for use by date.

Storage and Handling:

Pre-Thickened Beverage Cup:

Single serve use, once opened, discard leftover juice.

Pre-Thickened Beverage 1 Litre Carton:

Once opened, carton may stay at ambient temperatures for up to 8 hours or refrigerate for up to 7 days.