



## Easy Read

# Thickened drinks

A guide for adults to help make choices about thickened drinks.

# About thickened drinks



## What are thickened drinks?

Thickened drinks are:

- Naturally thick drinks like smoothies
- Drinks with thickening powders or gels added.



Thickened drinks may help you with drinking or swallowing.



You can say yes or no to thickened drinks.  
You can change your mind at any time.



You can find out more from your GP or  
Speech and Language Therapist.

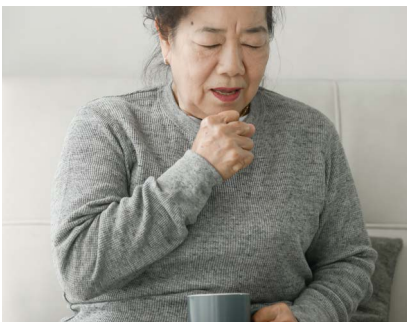
# How thickened drinks can help



Thickened drinks can help you to swallow. This is because they move more slowly in your mouth.



They can help to stop drink from coming out of your mouth.



They can help with coughing. This can help you to drink more.



They can make medication easier to swallow.



They can help drinks go into your tummy and not your lungs. Drinks going into your lungs can make you ill.

# Problems with thickened drinks



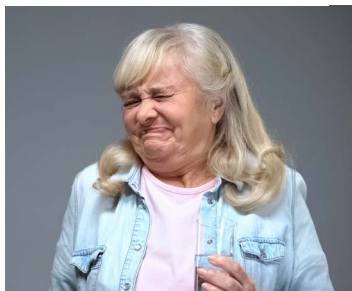
Thickened drinks need to be made carefully. You may need help.



They might make your poo hard or runny.



Thickened drinks may go into your lungs. This can make you ill.



You might not like the taste. You might not like how they feel in your mouth.



You may not want to drink as much. You may get thirsty.



Thickeners in drinks might stop some medications from working.