



PRODUCT INFORMATION BULLETIN
HYDRA~AID™ Hot & Cold Beverage Thickener

VISCOSITY INFORMATION

Hydra~Aid has been specifically formulated to help promote hydration in those suffering from swallowing disorders by providing a clear, colorless and taste-free beverage thickener. Beverages which have had Hydra~Aid properly added to them will meet the proposed terms for liquids and correlating viscosity ranges, expressed in centiPoise (cP), as outlined in the *National Dysphagia Diet* (NDD), published in 2002 by the American Dietetic Association.

LIQUID TYPE	NDD (cP Range)	HYDRA~AID (cP)
1. Thin	1-50	N/A
2. Nectar-like	51-350	260
3. Honey-like	351-1,750	920
4. Spoon-thick	>1,750	*

* The NDD does not define a *range* of viscosities for Spoon-thick (also referred to as " pudding-like") as it does for Thin, Nectar-like and Honey-like, but various Spoon-thick type viscosities can be achieved to meet the requirements of individual patients by adding more Hydra~Aid to the beverage. As examples: A. Two packets of Honey-like Hydra~Aid mixed with four ounces of beverage will yield a cP of 1,640; B. Two Honey-like packets and one Nectar-like packet added to four ounces of a beverage would therefore provide a cP in excess of 1,750 cp; C. When using the 64oz. pumping bottle of Hydra~Aid, each complete "plunge" will yield approximately 7 grams (8cc) of Hydra~Aid to add to the beverage. Eight "plunges" of Hydra~Aid added to four ounces of beverage will provide a thickness in excess of 1,750cP. Refer to directions for use for more detail.

Note: As explained in the NDD, different measuring techniques, equipment, temperature and time will yield different centipoise (cP) readings; measuring must be performed under precise conditions.

Due to individual patient needs, and the subjectivity involved in defining a "specific" viscosity within the various ranges, decisions on beverage thickness should be left to the discretion of the Speech-Language Pathologist, Dietitian and other professionals directly involved in the care and diet of the patient. Related to this topic, the American Speech-Language Hearing Association has stated: *"While the publication of common terminology is long overdue, SLPs need to exercise caution when interpreting and applying the proposed terminology. And the NDD states: "Further study and peer-reviewed, scientific data will be needed to truly quantify the management parameters surrounding the complex diagnosis of dysphagia."*¹

¹ McCullough, Gary; Pelletier, Cathy, Steele, Catriona. (2003, Nov.4). National Dysphagia Diet: What to Swallow: The ASHA Leader, pp. 16,27

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