

# DYSFAGI – den sikre løsningen for svelgevansker er klar

**ThickenUp® Clear** er det første xantangummi-baserte fortykningsmiddelet som vitenskapelig beviser støtte til vurdering, diagnose og kostholdsbehandling av personer med svelgevansker.

## Vitenskapelig litteraturkompendium



1:a xantangummibasert fortykningsmiddel



Sikkert og effektivt



Kan doseres for å oppnå IDDSI\*-nivå 1-4



Kan brukes i varm og kald mat og drikker

18

EVIDENSBASERTE  
ARTIKLER



GJØR SVELG-  
INGEN ENKLERE



LETTLØSELIG  
OG VIRKER  
OMIDDELBART



ETTERTYKNER  
IKKE



PÅVIRKER IKKE  
SMAK, LUKT  
ELLER FARGE



AMYLASE-  
RESISTENT



KLUMPFRI



### For helsepersonell

ThickenUp® Clear er et næringsmiddel til spesielle medisinske formål og skal brukes under medisinsk tilsyn. Beregnet for kostbehandling av pasienter med dysfagi.

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# Tidligere erfaringer med THICKENUP® CLEAR



**Author:**  
Nita SP et al.

**Conclusion:**  
For optimal patient outcomes, only diagnostic materials and thickeners with reliable viscosity data should be used, such as **ThickenUp® Clear**, as demonstrated in this study.

**Author:**  
Steele CM et al.

**Conclusion:**  
**ThickenUp® Clear** is an effective therapeutic strategy for oropharyngeal dysphagia as it improves swallowing safety without worsening post-swallow symptoms in stroke patients, brain injury, and adults with oropharyngeal dysphagia risk.

**Author:**  
Hadde EK et al.

**Conclusion:**  
Under various temperature and pH conditions, **ThickenUp® Clear** demonstrated rapid achievement of equilibrium viscosity for thickened water (2 minutes) and much longer time (15 minutes) for milk, a complex medium composed of macro and micronutrients.

**Author:**  
Hadde EK et al.

**Conclusion:**  
**ThickenUp® Clear** demonstrated the highest maximum extensional viscosity (extended filament lifetime or cohesiveness) compared to other thickeners with the potential to maintain bolus consistency while preventing bolus fragmentation, which is crucial for safe swallowing in patients with dysphagia.

**Author:**  
Hsiang C-C et al.

**Conclusion:**  
A comprehensive intervention that includes oral exercise, texture modification by using **ThickenUp® Clear**, and swallowing position that could help to improve swallowing function by reducing oral and pharyngeal residue in patients with oral and oropharyngeal cancer who have undergone surgical intervention.

**Author:**  
Gamonpilas C et al.

**Conclusion:**  
**ThickenUp® Clear** is more transparent than the other two thickeners tested, which could make it a more appealing option for drinking clear beverages such as water. **ThickenUp® Clear** provides a higher thickening effect, elasticity, and better lubrication properties, which could make it easier and safer to swallow compared to the other two thickeners.

**Author:**  
Barbon CEA et al.

**Conclusion:**  
**ThickenUp® Clear** demonstrated its stability over the course of 3 hours after mixing with barium at different IDDSI levels. These results provide evidence for the use of **ThickenUp® Clear** for instrumental testing and the management of dysphagia.



**Author:**  
Herentry K et al.

**Conclusion:**  
Health care providers caring for patients with dysphagia reported that **ThickenUp® Clear** is superior to similar products containing other thickening ingredients for the therapeutic medical management of these patients.

**Author:**  
Rofes L et al.

**Conclusion:**  
**ThickenUp® Clear** improves swallowing efficacy and swallowing safety by protecting against Penetration - Aspiration without increasing oropharyngeal residue in adults with oropharyngeal dysphagia associated with age and/or neurological pathology.

**Author:**  
Vilardell N et al.

**Conclusions:**  
Both **ThickenUp®** and **ThickenUp® Clear** are proven effective in improving swallowing safety in post-stroke patients. However, thanks to its exclusive composition, **ThickenUp® Clear** shows greater efficacy than a modified starch based thickening agent, as it does not increase the prevalence of oral and pharyngeal residue, this reducing the risk of aspiration after the swallow.

**Author:**  
Sezguin B et al.

**Conclusion:**  
The use of **ThickenUp® Clear**, a xanthangum-based thickener, helped maintain intracellular fluid, extracellular fluid, and bodily fluids (measured by bioimpedance) in patients with maxillary carcinoma undergoing total maxillectomy.

**Author:**  
Barbon CEA et al.

**Conclusion:**  
**ThickenUp® Clear** at lower consistency (slightly thick-IDDSI Level 1, and mildly thick-IDDSI Level 2) can be used to enhance the frequency of safe swallows in patients with oropharyngeal cancer who developed dysphagia in post-radiation therapy.

**Author:**  
Hibberd J

**Conclusion:**  
A high degree of satisfaction was observed with **ThickenUp® Clear** on the basis of its sensory characteristics, good compliance, excellent gastrointestinal tolerance and wide versatility in use with different beverages at different temperatures.

**Author:**  
Leonard RJ et al.

**Conclusion:**  
Increasing the viscosity of the bolus with **ThickenUp® Clear** improves swallowing safety in dysphagia patients as it reduces the number of aspirations and the score on the penetration-aspiration scale (PAS).

**Author:**  
Rofes L et al.

**Conclusion:**  
The V-VST performed with **ThickenUp® Clear** to assess the safety and efficacy signs of swallowing is a validated method against VFSS for the detection of oropharyngeal dysphagia.



FÅ TILGANG TIL ALLE ARTIKLENE HER

