



## **Thickening of Carbonated Beverages with Precise Thick-N INSTANT (alcoholic and non-alcoholic)**

Thickening of your favourite carbonated beverage is possible with Precise Thick-N INSTANT which means that you can still enjoy that glass of lemonade, cola, beer, sparkling wine, or cider.

The method is a little bit different from that used to thicken non-carbonated beverages like water, juice, tea, etc. Simply follow this procedure:

### **For a 100ml quantity**

1. You will need one 200ml capacity cup
2. Firstly, add the required amount of Precise Thick-N INSTANT into the cup as follows: 1 pump for Level 150-Mildly Thick; 2 pumps for Level 400-Moderately Thick; and 3 pumps for Level 900-Extremely Thick
3. Measure out 100ml of cold carbonated beverage in a separate container (so that you know exactly how much fluid has been thickened, since the volume of the drink will increase due to froth being created during mixing). Note: the colder the carbonated beverage is, the less gas will be released during mixing, so only use carbonated beverages straight from the fridge that have been chilled for at least 2 hours.
4. Add a small amount of the carbonated beverage (~ 25ml) down the side of the glass and stir 10-20 sec.
5. Continue to gradually add the carbonated beverage to the cup (about 25ml at a time), stirring well between additions

6. Once the last amount carbonated beverage is added and mixed in, the drink is ready to serve.

7. For larger quantities than 100ml, simply multiply up the beverage volume and the number of pumps by the same multiple. Note: you will need to use a cup/container with a volume at least 50% greater than the volume of liquid to be thickened due to the volume increase caused by the frothing.

Depending on the type of carbonated drink that has been thickened with Precise Thick-N INSTANT, there will be a varying amount of thickened foam on the top of the drink. We have had the consistency of this foam assessed by Dr Julie Cichero, and it was determined to be safe to swallow by residents with dysphagia. However, we would recommend that your speech pathologist is consulted to evaluate the consistency of carbonated beverages thickened with Precise Thick-N INSTANT (and particularly the consistency of the thickened foam) to ensure that they are satisfied with its safety in swallowing.