



# ThickenUp® Clear

## Experienced pioneer in Dysphagia care

**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:** 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:** 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:** 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:**

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:**  
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:**  
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:**  
Carrión S *et al.*

**Conclusion:**

The prevalence of patients with impaired swallowing safety is very high among malnourished and sarcopenic patients with dysphagia, chronic neurological disease, and acute community-acquired pneumonia, which could be offset by increasing the viscosity of liquids by using **ThickenUp® Clear**.



2011

2013

2014

2015

2016

2017

2018

2019

2022

2023

**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 xanthan gum-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.

**Author:**  
Nazarko L *et al.*

**Conclusion:**

**ThickenUp® Clear** helps patients with oropharyngeal dysphagia feel safer while drinking by reducing the anxiety and stress and preventing aspiration and the onset of chest infections.

**Author:**  
Schulz S *et al.*

**Conclusion:**

This study revealed that **ThickenUp® Clear** is one of the thickeners that tasted best of those tested. Therefore, using a better-tasting thickener could improve patient compliance and ensure adequate fluid intake.



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