

## When Thickening is Recommended for Swallowing Support

### How to Prepare a Bottle



Wash hands and sanitize bottle before preparation.



Warm formula to a lukewarm temperature ~100°F (38°C).



Follow recipe for desired thickness, and sprinkle Gelmix into warm formula.



Cap and shake well 30 seconds, until powder is fully dissolved.



Let thicken for 10 minutes. Mix again and test temperature before feeding.

### Recipe for Similac Advance Powder

2.4g Gelmix = 1 stick or 2 scoops

*a gram scale is the most accurate method for measurement*

#### 1 SLIGHTLY THICK (thin nectar)

- add 2.4g to 5 fl. oz.
- to scale, use .48g per 1 fl. oz

#### 2 MILDLY THICK (nectar)

- add 2.4g to 3 fl. oz.
- to scale, use .8g per 1 fl. oz

#### 3 MODERATELY THICK (honey)

- add 2.4g to 2 fl. oz.\*
- to scale, use 1.2g per 1 fl. oz

*\*Level 3 / Moderately Thick liquids should only be used under medical supervision and are not typically recommended for infants unless directed by a qualified healthcare professional.*

### IDDSI Flow Test

The IDDSI Flow Test measures how fast a liquid flows using the IDDSI Funnel and helps define its thickness level.

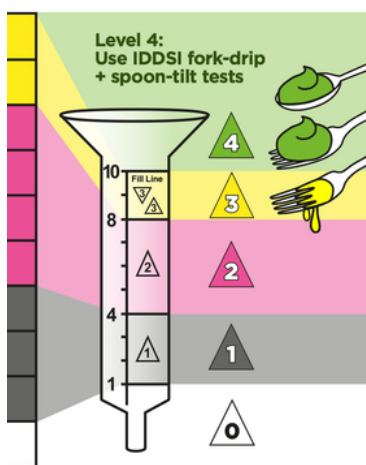
Use this tool the first few times you try a recipe to account for variations in the formula or environment, such as temperature, and ensure you achieve the desired thickness.



www.iddsi.org

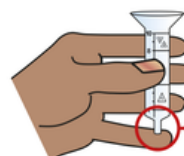
#### Flow Test

IDDSI level depends on liquid remaining after 10 seconds flow.



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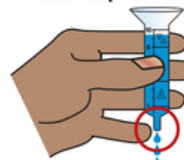
1. Cover nozzle with finger



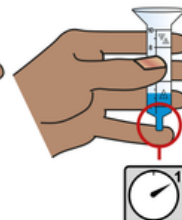
2. Pour to Fill Line



3. Remove finger from nozzle as you start the stopwatch



4. Stop at 10 seconds



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Tests Performed by Parapharma Tech, Designed for use with the IDDSI Framework.

For more recipes visit: [gelmix.com/recipes](https://gelmix.com/recipes) - Email: [contact@gelmix.com](mailto:contact@gelmix.com) - Phone: 866.950.7278

Refer directly to product packaging for nutritional data and safety information.

### Can I prepare Gelmix in advance?

Yes, you can prepare Gelmix with most formulas up to 24 hours ahead. Follow the preparation instructions, then store the mixture right away in a clean, sealed container in the refrigerator. Warm it gently before feeding.

For powder formulas, you also have the option to mix Gelmix with warm water only and store it in a clean, sealed container at room temperature for up to 24 hours. When it's time to feed, simply add the powder formula to the prepared thickened water and mix well.

### Are there any side effects to using Gelmix?

Some babies may experience temporary gassiness or changes in stool when thickened feeds are first introduced. These effects typically resolve within 1-2 weeks. If symptoms don't get better or get worse, talk to your doctor.

### What should I do if I'm getting clumps?

Gelmix should dissolve easily in warm milk. If you're having trouble with clumps, try these tips:

- Use the right temperature: Warm the milk to at least body temperature, or ~100°F. Liquids hotter than 120°F can cause clumps, and colder than 95°F won't thicken properly.
- Mix Quickly: Sprinkle Gelmix into the milk and mix right away. If it sits too long, it may clump and be harder to dissolve.
- Try a Frother: Using a frother to mix can help create a smooth mixture.

### Should I change the nipple size?

Thickened feeds flow more slowly, so a different nipple size or flow rate may be needed. Nipple selection should be part of your baby's feeding plan, especially if your baby has dysphagia or other feeding concerns. Talk with your speech-language pathologist (SLP), feeding therapist, or healthcare provider to determine the safest nipple size and flow rate for your baby.

### Where can I purchase Gelmix?

Gelmix is readily available on Amazon, [gelmix.com](https://www.gelmix.com) and some local stores. Check our website for all locations.

### Is Gelmix covered by insurance?

Gelmix may be covered by insurance when it is considered medically necessary. Coverage varies by plan and state, and may be processed through a DME supplier using HCPCS Code B4100 or, in some cases, through pharmacy benefits. Your healthcare provider may need to send a referral or prescription.

- For more details, supplier information, and next steps, visit [gelmix.com/insurance](https://www.gelmix.com/insurance).
- Medicaid: Coverage depends on your state. If Gelmix is not covered in your state, the WeCare program may offer discounts for Medicaid recipients. Visit [gelmix.com/wecare](https://www.gelmix.com/wecare) to learn more.
- Private Insurance: Contact your insurance provider to ask whether medically necessary thickeners may be covered or reimbursed.