

Complete the details below with your clinician and save this leaflet for your records.

Your Name

Name: _____ D.O.B.: _____

Clinician

Name: _____

Speciality (e.g. SALT, Dietitian): _____

Based (e.g. Hosp. name): _____

Tel. No.: _____ Ext.: _____

Signature: _____ Date: _____

Put a tick against the consistency your clinician recommends and the flavours you like.

	1 White Cup	2 Beige Cup	3 Brown Cup
<input type="checkbox"/> Slö Orange	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Slö Blackcurrant	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Slö Lemon	<input type="checkbox"/>	<input type="checkbox"/>	n/a
<input type="checkbox"/> Slö Hot Chocolate	<input type="checkbox"/>	<input type="checkbox"/>	n/a
<input type="checkbox"/> Slö White Coffee	<input type="checkbox"/>	<input type="checkbox"/>	n/a

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slodrinks.com

Slö Drinks®



Safe and soothing drinks for swallowing disorders

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Your Speech and Language Therapist has assessed you and has identified that you have a swallowing disorder. Its medical term is Dysphagia.

This means you may find it more difficult to swallow normal drinks safely because they move too quickly for you to cope with.

Consequently, drinks may go down the “wrong way,” which means down the tube into your lungs (trachea) instead of the tube into your stomach (oesophagus). This is called aspiration. You may also cough.

For many people their swallowing improves. Until then, so your body continues to receive the fluids it needs and you reduce your risk of aspiration, you should only have drinks that move slowly – what used to be called thickened drinks.

The good news is that despite your condition, you can continue to enjoy a refreshing hot or cold drink. Slō Drinks® are the first instant drinks specially formulated for people with swallowing disorders. They look and taste like ordinary drinks but move slowly so are safer for you. Developed in conjunction with therapists and clinicians, Slō Drinks® are safe and soothing to swallow.

Traditionally drinks for dysphagia sufferers have been made by adding thickening powder. It is a time-consuming process and difficult to achieve the right consistency. What’s more, patients often find them unacceptable and complain of a gritty aftertaste.

Slō Drinks® overcome these problems. As ingredients come ready-mixed in one cup, all you need do is add water and stir – saving on preparation time.




Because they move at exactly the speed prescribed, they dramatically reduce the risk of aspiration. You can be sure that the drink you are prescribed is the right consistency for your condition and you can swallow it comfortably.

Just as importantly, they are pleasant to drink. Slō Drinks® leave your mouth clear and grit-free and are every bit as refreshing as ordinary hot and cold drinks – so it is easier to drink more fluid and replenish the water your body loses during the day.

For all these reasons, a growing number of therapists and clinicians now recommend Slō Drinks® to aid patients’ recovery and keep them healthily hydrated.

How Slō Drinks® work

Each coloured cup contains all the ingredients required to make a soothing and pleasant drink. Simply add hot or cold water to the level indicated and stir. The darker the cup, the thicker the consistency of the drink. Slō Drinks® come in three consistencies to allow your therapist to choose the best one for you.

Cups	Consistency	Cold Drinks	Hot Drinks
 1 White	Flows as slowly as syrup	Blackcurrant Orange Lemon	Hot Chocolate White Coffee
 2 Beige	Flows as slowly as custard	Blackcurrant Orange Lemon	Hot Chocolate White Coffee
 3 Brown	Flows as slowly as a pudding	Blackcurrant Orange Lemon	Not Available

Practical tips

- Slō Drinks® remain safe to drink throughout the day. Cold drinks do not thin out or thicken up – you can make a cold juice drink in the morning and put it in the fridge for later.
- The hot drinks do thicken as they cool. However, they remain safe. Many enjoy the hot chocolate when cooled as it tastes like a chocolate mousse!
- Because everything is in the cup, you can take a Slō Drink® out with you and drink with dignity, without worrying about suffering an embarrassing choking fit. To those around you, it looks like you are having an ordinary drink.