

# Flavoured foam tasters

## Information for patients

This leaflet explains to patients the concept of flavoured foam as part of speech and language therapy. It will explain what the procedure is and what the risks and benefits are. If you have any queries or concerns, please do not hesitate to speak to the therapist caring for you.

### **What are flavoured foam tasters? And why is my speech therapist using them with me?**

1. Air with flavour is a specialised product to allow taste to be introduced with air into a light, airy, flavoured foam which can then be placed in the mouth to provide comfort.
2. The foam instantly disappears without the need to swallow, but leaves a nice taste.
3. Where you are unable to take food or drink orally you can use *air with flavour*
4. Flavoured foam tasters may be used as part of your therapy plan under the supervision of a speech and language therapist.

### **What ingredients / equipment**

- Most drinks can be turned into foam. The speech and language therapy team will likely ask you or your friends/family if you have any preferred flavours for drinks so these can be used to create flavoured foam tasters for you.
- Air pump
- Instant flavoured sachets (AIR?) (powder added to the drink before it is foamed)
- Pipettes that are disposable and single use only.
- Small amount of drink of your choice (50mls per 1 powder sachet)
- Spoon
- Cup

*Note: The sachets contains two ingredients - Maltodextrin and Soya Lecithin*

### **What flavours can I have via foam tasters?**

✓ Most drinks can be used to provide tasters.

Drinks that do not typically work well are:

- Milk
- Thick, syrupy drinks
- If drink is high in sugar
- Alcoholic drinks

## What are the benefits and risks

Your speech and language therapists will talk to you about the risks and benefits of completing foam tasters before starting these. If you have any questions please ask your speech therapist for more information.

Benefits	Risks
Pleasure from flavour/taste from the foam tasters	Flavour can stimulate salivation which may cause risk of a small amount of saliva going into the lungs and causing chest infection. Your speech therapist will be monitoring this
If you are not able to eat and drink (nil by mouth) foam tasters can be an option; this will be supported by your speech and language therapist	If you have an allergy to soya products, this product cannot be used

## Further questions

If your speech and language therapist recommends you complete flavoured foam tasters without their supervision, they can provide you with a step-by-step guide on how to complete this.

If you require further information below are the contact details for the speech and language therapy departments:

Princess Royal University Hospital / Orpington Hospital: 01689 866 030  
Denmark Hill: 020 3299 8042/3540

## PALS

The Patient Advice and Liaison Service (PALS) is a service that offers support, information and assistance to patients, relatives and visitors. They can also provide help and advice if you have a concern or complaint that staff have not been able to resolve for you.

PALS at King's College Hospital, Denmark Hill, London SE5 9RS:

Tel: 020 3299 3601

Email: [kch-tr.palsdh@nhs.net](mailto:kch-tr.palsdh@nhs.net)

You can also contact us by using our online form at [www.kch.nhs.uk/contact/pals](http://www.kch.nhs.uk/contact/pals)

PALS at Princess Royal University Hospital, Farnborough Common, Orpington, Kent BR6 8ND

Tel: 01689 863252

Email: [kch-tr.palspruh@nhs.net](mailto:kch-tr.palspruh@nhs.net)

**If you would like the information in this leaflet in a different language or format, please contact PALS on 020 3299 1844.**

[www.kch.nhs.uk](http://www.kch.nhs.uk)