FLOW TEST INSTRUCTIONS

1. Remove Plunger
2. Cover nozzle with finger and fill 10ml
3. Release nozzle & start timer
4. Stop at 10 seconds

TESTING INFO

- **LEVEL 4 - EXTREMELY THICK** (EX4)
  - Sits in a mound or pile above the fork.
  - Does not dollop or drip continuously through a fork.
  - Effort needed to drink this through a wide straw.
  - Smooth with no lumps, not sticky, no chewing ability needed.
  - Can be eaten with a spoon.

- **LEVEL 3 - MODERATELY THICK** (MO3)
  - No less than 8mL remaining in the syringe after 10 sec of flow.
  - Drips slowly in dollops through the prongs of a fork.
  - Thinner than water. Can flow through a standard straw/teat/nipple.

- **LEVEL 2 - MILDLY THICK** (MT2)
  - 4-8mL remaining in the syringe after 10 sec of flow.
  - Can be eaten with a spoon or drunk from a cup. Cannot be eaten with a fork because it slowly drips through.
  - Effort needed to drink this through a wide straw.

- **LEVEL 1 - SLIGHTLY THICK** (ST1)
  - 1-4mL remaining in the syringe after 10 sec of flow.
  - Can be drunk from a cup. Cannot be eaten with a fork because it slowly drips through.
  - Effort needed to drink this through a wide straw.

- **LEVEL 0 - THIN** (TN0)
  - Less than 1 mL remaining in the syringe after 10 sec of flow.
  - Smooth, no lumps, not sticky. Can be eaten with a spoon or drunk from a cup. Can be eaten with a fork because it slowly drips through.

IDDSI PYRAMIDS

EASY TO CHEW
- 7 Easy to Chew (EC7)
- 6 Soft & Bite-Sized (SB6)
- 5 Minced & Moist (MM5)
- 4 Pureed (PU4)
- 3 Extremely Thick (EX3)
- 2 Moderately Thick (MT2)
- 1 Slightly Thick (ST1)
- 0 Thin (TN0)