The International Dysphagia Diet Standardisation Initiative (IDDSI) framework of terminology and definitions includes an **objective measurement for liquid thickness**.

**The IDDSI flow test** classifies IDDSI Levels 0-3 based on their rate of flow.

Use a syringe (following syringe dimensions as per image below) for correct results.

- **Luer tip** (central or eccentric or Luer-Lok)
- Length of 10ml scale = 61.5 mm

**Updated: March 2019**
IDDSI flow test - instructions

Videos of IDDSI flow test can be found here: [http://iddsi.org/framework/drink-testing-methods/](http://iddsi.org/framework/drink-testing-methods/) or in the IDDSI App

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

Check the nozzle is completely clear before use

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