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.
IDDSI flow test - instructions

Videos of IDDSI flow test can be found here: https://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