



# 1 SLIGHTLY THICK



## Use of Level 1 Slightly Thick Liquids for Babies and Children

### What is this thickness level?

Level 1 - Slightly Thick drinks:

- ✓ Are thicker than water
- ✓ Can flow through a straw, teat/nipple

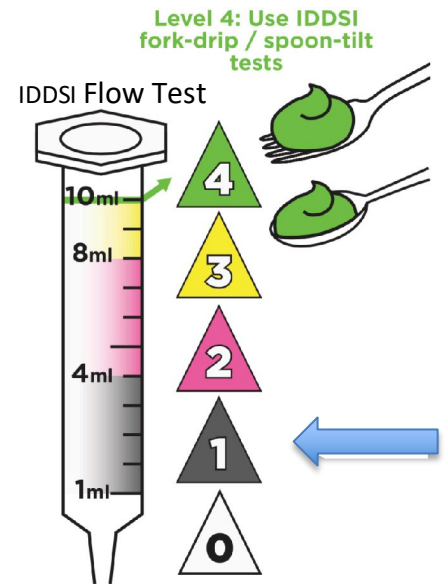
### Why is this thickness level used for babies and children?

Level 1 – Slightly Thick is most often used if your child is having swallowing problems with thin liquids. Slightly Thick liquids are thicker than water, but still thin enough to flow through an infant teat/nipple.

Some drinks may naturally be slightly thick (like some fruit nectars or milks). Expressed breast milk or infant formula may be thickened to the Slightly Thick level. Your clinician will help you find the best type of nipple/teat to use with Slightly Thick liquids for your child. Slightly Thick drinks can also be taken using a spout cup or standard cup.

### How do I measure my liquid or drink to make sure it is Level 1 Slightly Thick?

It is safest to measure the thickness using the IDDSI Flow Test. The IDDSI Flow Test measures how thick a liquid is by how much goes through a 10 mL syringe in 10 seconds. IDDSI recommends that you use a 10 mL syringe to check to make sure you have the correct thickness level using the instructions below. For Level 1- Slightly Thick liquids, there should be **1-4 mL remaining** in the syringe after 10 seconds of flow. Your clinician may give you a specific number between 1-4 mL to aim for.

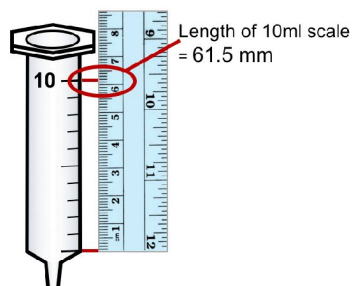


See videos of the IDDSI Flow Test at

[www.IDDSI.org/framework/drink-testing-methods/](http://www.IDDSI.org/framework/drink-testing-methods/)

#### Before you test...

You **must check** your syringe length because there are differences in syringe lengths. Your syringe should look like this



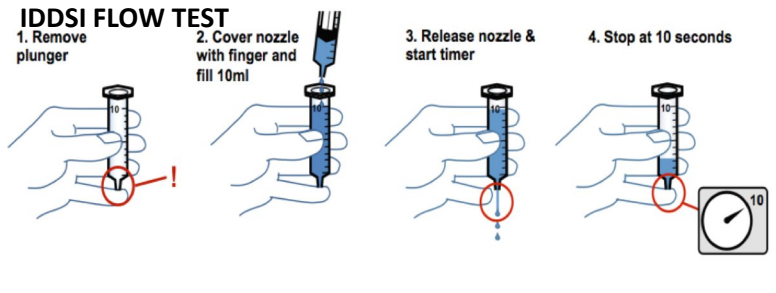
#### IDDSI FLOW TEST

1. Remove plunger

2. Cover nozzle with finger and fill 10ml

3. Release nozzle & start timer

4. Stop at 10 seconds



Intended for general information only. Please consult with your health care professional for specific advice for your baby or child