IDDSI Flow Test

1. Get a stopwatch and some 10 mL syringes: see specification over the page. Remove the plunger from one syringe & discard.

2. Cover the nozzle of the syringe with your finger, making a seal.

3. Fill the syringe up to the 10 mL line with fluid - it’s recommended to use another syringe to do this.

4. Remove your finger from the nozzle end at the same time as starting the stopwatch.

5. At 10 seconds, replace your finger over the nozzle, stopping the liquid flowing.

IDDSI Level classifications based on liquid remaining at 10 seconds:

- **Level 0**: All liquid has flowed through syringe.
- **Level 1**: There is between 1 mL and 4 mL remaining.
- **Level 2**: There is between 4 mL and 8 mL remaining.
- **Level 3**: There is more than 8 mL remaining, but some liquid still flows through.
- **Level 4**: If no liquid flows, the category is Level 4 or above.

*Level 4 can be easily identified without a syringe test: Material holds its own shape; small peaks remain on the surface. Too thick to be drunk from a cup or a straw, should be taken with a spoon. A full spoonful must drop off a spoon if turned sideways; a very gentle flick may be necessary but the material should not be firm, nor sticky.*
IDDSI 10ml syringe specifications

Length of 10ml scale = 61.5 mm

Luer tip (central or eccentric or Luer-Lok)

Before use, check the nozzle is clear and free from any plastic residue or manufacturing defects that very occasionally occur.