



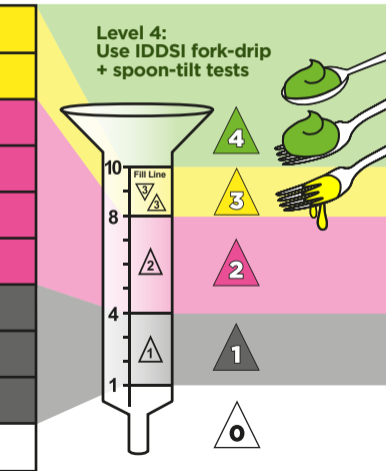
**IDDSI**

International Dysphagia Diet  
Standardisation Initiative

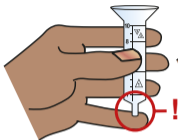
[www.iddsi.org](http://www.iddsi.org)

# Flow Test

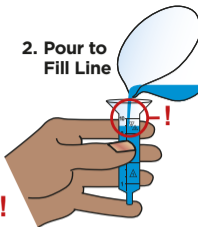
IDDSI level depends on liquid  
remaining after 10 seconds flow.



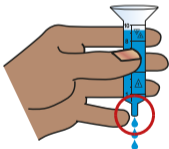
**1. Cover nozzle  
with finger**



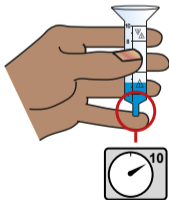
**2. Pour to  
Fill Line**



**3. Remove finger  
from nozzle  
as you start  
the stopwatch**



**4. Stop at 10  
seconds**



**Turn over to check  
IDDSI level**