



0 THIN



Use of Level 0 Thin Liquids for Adults

What is this thickness level?

Level 0 - Thin drinks:

- ✓ Flow like water
- ✓ Can flow through a straw or teat/nipple

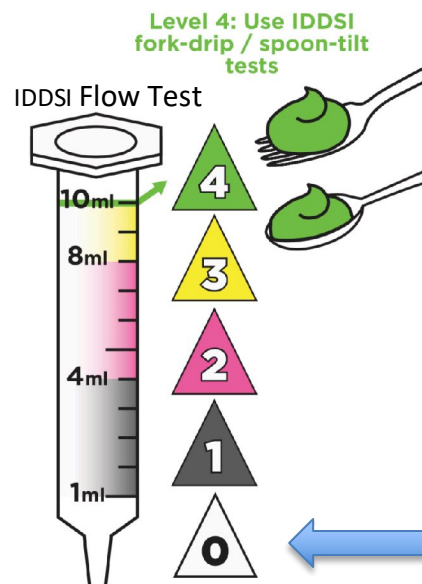
Why is this thickness level used for adults?

Level 0 – Thin liquids are most often used if you do not have a swallowing problem with liquids. Water, milk, tea, coffee, and juice are all examples of the Level 0 Thin thickness level. Thin liquids can be taken through a straw or standard cup.

How do I measure my liquid or drink to make sure it is Level 0 Thin?

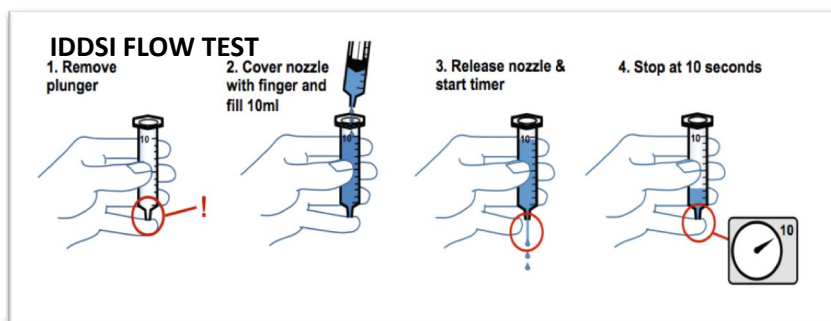
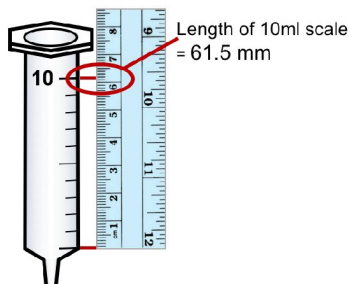
It is safest to measure the thickness using the IDDSI Flow Test. The IDDSI Flow Test measures how thick a liquid is by how much goes through a 10mL syringe in 10 seconds.

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 0 Thin thickness liquids, there should be *less than 1 mL remaining* in the syringe after 10 seconds of flow.



See videos of the IDDSI Flow Test at 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



Intended for general information only. Please consult with your health care professional for specific advice for your needs