



2 MILDLY THICK



Use of Level 2 Mildly Thick Liquids for Adults

What is this thickness level?

Level 2 - Mildly Thick liquids:

- ✓ Are 'sippable'
- ✓ Pour quickly from a spoon but slower than Thin drinks and Slightly Thick drinks
- ✓ Need some effort to drink this thickness using a standard straw

Why is this thickness level used for adults?

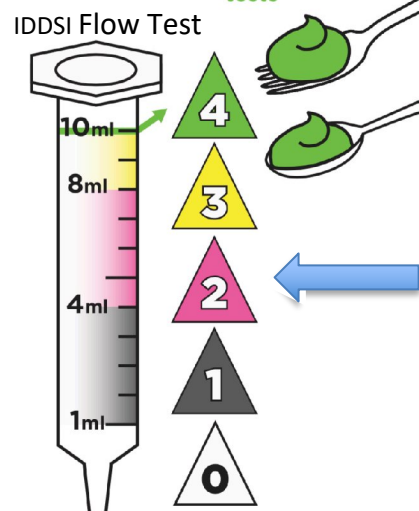
Level 2 – Mildly Thick drinks may be used if Thin drinks (water, milk, and others) and Level 1 Slightly Thick liquids flow too quickly for you to swallow them safely. Some milk shakes and thick shakes may be this thickness level already, but other drinks may need thickener added to reach the correct thickness level. Use the IDDSI testing methods below to check.

Mildly Thick drinks flow at a slower rate. Your clinician will help you find a thickener to thicken your drinks or help you find some pre-thickened drinks. Mildly Thick can be taken using a straw or from a standard cup.

How do I measure my liquid or drink to make sure it is Level 2 Mildly 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 2- Mildly Thick liquids, there should be **4-8 mL remaining** in the syringe after 10 seconds of flow. Your clinician may give you a specific number between 4-8 mL to aim for.

Level 4: Use IDDSI fork-drip / spoon-tilt tests

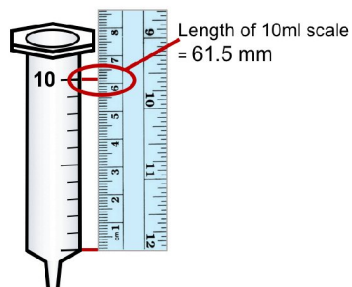


See videos of the IDDSI Flow Test at

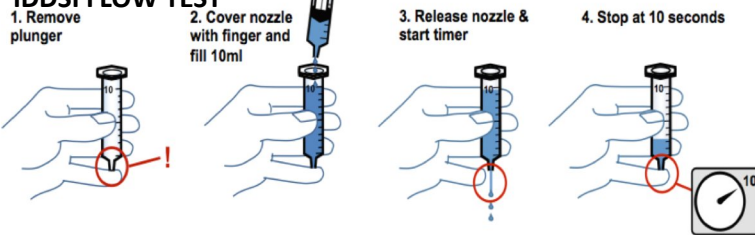
www.IDDSI.org/framework/drink-testing-methods/

Before you test...

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



IDDSI FLOW TEST



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