

TEXTURE	DESCRIPTION OF FLUID TEXTURE
IDDSI Level 2 Mildly Thick	• Flows off a spoon • Sippable, pours quickly from a spoon, but slower than thin drinks • Effort is required to drink this thickness through a standard bore straw (standard bore straw = 0.209 inch or 5.3mm diameter)

- Your SLT recommends your drinks need to be thickened to an **IDDSI Level 2 consistency**

Contact us

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Thickened fluids

IDDSI Level 2 Mildly Thick Fluids

Patient's name and NHS no:

Speech and Language Therapist:

Date:

Why do I need thickened fluids?

- Some very **thin** liquids, such as **water**, **tea** and **coffee**, **flow very quickly**
- The **muscles** around your **mouth** and **throat** may have become **slower** and **weaker** than usual
- This can **increase** the **chance** of **drinks** going **down** the **wrong way** and making you **cough**
- **Thicker** fluids move much **slower**, giving the **muscles** more **time** to **work** and makes it **easier** for **drinks** to go down the **right way**.

How do I thicken my drinks?

- **FIRST** put powder into a **DRY** cup/glass/beaker.
- **THEN** add fluid (make tea/coffee separately first, then add it to the powder).
- **STIR** continuously until powder is completely dissolved.
- **CHECK** the consistency is correct (see over). Water, tea and coffee will thicken in one minute, juices and milk may require a few minutes.

- Your SLT recommends your drinks need to be thickened to an **IDDSI Level 2 mildly thick fluid consistency**
- Check the back of your tin of thickening powder for the number of scoops needed to thicken your drink to an IDDSI Level 2 consistency

Hints for successful thickening

- Make your tea/coffee, THEN add the drink to the powder in a dry cup/glass/beaker
- Thickened fruit juice or squash is much more palatable than thickened water
- Be aware that hot drinks tend to continue to thicken as they cool

What if I run out of powder?

Your **GP** will provide you with a **prescription** for **thickener**.

The canister should be discarded on the best before date on the tin and/or within 8 weeks of opening.