

2017-2018 IDDSI Flow Test for Liquids, Supplements & Medications

Name of Liquid	Warm/ Cold*	Syringe Type*	Trial 1 ml	Trial 2 ml	Trial 3 ml	Avg ml	Results (Thin, Slightly, Mildly, Moderately, Extremely)	Comments (? borderline, ? too thick or too thin)
Sysco:Apple juice Nectar	Cold	ST	7	6.2	6	6.4	Mildly Thick	
Sysco:Apple juice Nectar	Cold	LL	7	6.6	6.4	6.7	Mildly Thick	
Sysco:Apple juice Nectar 2 nd trial	Cold	ST	8.8	8.6	8.8	8.7	Mildly Thick	Different day, different batch
Sysco:Apple juice Nectar 2 nd trial	Cold	LL	9	9	8.9	8.97	Mildly Thick	
Sysco:Apple juice Nectar	Warm	ST	8.2	7.8	8	8	Borderline Moderately	2 nd trial on different day with different product
Sysco:Apple juice Nectar	Warm	LL	7.8	8	8	7.9	Borderline Moderately	Too thick
Sysco: Orange juice Nectar	Cold	ST	7.4	7.2	7.2	7.3	Mildly Thick	Numbers rounded up:
Sysco: Orange juice Nectar	Cold	LL	7.6	7.4	7.4	7.5	Mildly Thick	(i.e., 7.46 = 7.5) Close to borderline
Sysco: Orange juice Nectar	Warm	ST	5.8	5.4	6	5.7	Mildly Thick	
Sysco: Orange juice Nectar	Warm	LL	6.8	6.4	6.6	6.6	Mildly Thick	
Sysco: Cranberry Nectar	Cold	ST	8.2	7.6	8	7.9	Mildly Thick	Borderline too thick
Sysco: Cranberry Nectar	Cold	LL	8	8	8	8	Borderline Moderately	Too thick.
Sysco: Cranberry Nectar (2 nd trial)	Cold 2 nd trial	ST	7.2	7	7	7.1	Mildly Thick	Another sample/same co.
Sysco: Cranberry Nectar (2 nd trial)	Cold 2 nd trial	LL	7.8	7.6	7.6	7.7	Mildly Thick	Borderline too thick
Sysco: Cranberry Nectar	Warm	ST	6.8	6.7	6.8	6.8	Mildly Thick	
Sysco: Cranberry Nectar	Warm	LL	7.2	7.2	6.8	7.1	Mildly Thick	
Sysco Cran. Honey	Cold	ST	9.8	9.8	9.6	9.7	Moderately	Borderline too thick

*“Warm” = room temperature, not heated.

By Karen Sheffler, MS, CCC-SLP, BCS-S of SwallowStudy.com

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Sysco Cranberry Honey	Cold	LL	9.8	9.8	9.6	9.7	Moderately Thick	Borderline too thick
Sysco Cranberry Honey	Warm	ST	9.3	9.3	9.2	9.3	Moderately Thick	Borderline too thick
Sysco Cranberry Honey	Warm	LL	9.4	9.4	9.4	9.4	Moderately Thick	
Thick-It: Mod Food Starch powder Nectar	Cold	ST	7.4	7.4	7.4	7.4	Mildly Thick	Thick it products obtained 10/2017
Thick-It: Mod Food Starch powder Nectar	Cold	LL	7.4	7.5	7.4	7.4	Mildly Thick	
Thick-It: Mod Food Starch powder Nectar	Warm	ST	6	6.4	6.2	6.2	Mildly Thick	
Thick-It: Mod Food Starch powder Nectar	Warm	LL	6	5.4	5.8	5.7	Mildly Thick	
Thick-It: Gum packet Nectar	Cold	ST						
Thick-It: Gum packet Nectar	Cold	LL						
Thick-It: Gum packet - Nectar	Warm	ST	8.4	10	8.4	8.9	Moderately Thick	Clumps. Too thick for nectar/mildly
Thick-It: Gum packet - Nectar	Warm	LL	8	8	7.8	7.9	Borderline	Irregularity may be due to clumps
Thick-It: Aquacare H2O Bev. Nectar	Cold	ST	7.8	7.7	7.6	7.7	Borderline	Borderline too thick
Thick-It: Aquacare H2O Bev. Nectar	Cold	LL	7.5	7.6	7.6	7.6	Mildly Thick	Borderline too thick
Thick-It: Aquacare H2O Bev. Nectar	Warm	ST	7.3	7.4	7	7.2	Mildly Thick	
Thick-It: Aquacare H2O Bev. Nectar	Cold 2 nd trial	ST	7.4	7.6	7.4	7.5	Mildly Thick	

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Thick-It: Aquacare H2O Bev. Nectar	Cold 2 nd trial	LL	7.6 7.5	8 7.4	8 7.4	7.7	Mildly Thick	Still borderline – high end Mildly
Thick-It: Aquacare Cranberry Nectar	Cold	ST	9	8.8	8.8	8.7	Moderately Thick	Too thick for nectar/mildly
Thick-It: Aquacare Cranberry Nectar	Cold	LL	8.6	8.6	8.6	8.6	Moderately Thick	Too thick for nectar/mildly
Thick-It: Aquacare Cranberry Nectar	Warm	ST	8	8.1	8	8	Borderline Mild to Moderately Thick	Too thick for nectar/mildly
Thick-It: Aquacare Cranberry Nectar	Warm	LL	8	8	8.2	8.1	Moderately Thick	Too thick for nectar/mildly
Thick-It: Aquacare Cranberry Nectar	Cold 2 nd trial	ST	8.4	8.6	8.5	8.5	Moderately Thick	Too thick for nectar/mildly
Thick-It: Aquacare Cranberry Nectar	Cold 2 nd trial	LL	8.8	8.5	8.6	8.6	Moderately Thick	Too thick for nectar/mildly
SimplyThick Gel Nectar packet	Cold	ST						All mixed with water
SimplyThick Gel Nectar packet	Cold	LL						
SimplyThick Gel Nectar packet	Warm	ST	5.5	5.5	5.5	5.5	Mildly Thick	Good mid-range
SimplyThick Gel Nectar packet	Warm	LL	4.8	4.8	4.6	4.7	Mildly Thick	Good mid-range
SimplyThick Gel Honey packet	Cold	ST	8.3	8.4	8.4	8.4	Moderately Thick	
SimplyThick Gel Honey packet	Cold	LL	8.2	8.4	8.6	8.4	Moderately Thick	
SimplyThick Gel Honey packet	Warm	ST	7.4	7.8	7.8	7.7	Mildly Thick	Borderline too thin for Honey/moderately
SimplyThick Gel Honey packet	Warm	LL	8	7.8	8	7.9	Mildly Thick	Borderline too thin for Honey/moderately

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Hormel: Thick & Easy corn starch Nectar	Cold	ST	6.4	6.2	6.1	6.2	Mildly Thick	Corn starch based powder
Hormel: Thick & Easy corn starch Nectar	Cold	LL	6.5	6.2	6.2	6.3	Mildly Thick	
Hormel: Thick & Easy corn starch Nectar	Warm	ST	4.4	4.8	4.2	4.5	Mildly Thick	
Hormel: Thick & Easy corn starch Nectar	Warm	LL	4.7	4.1	4.1	4.3	Mildly Thick	
Hormel: Hydrolyte Clear Nectar	Cold	ST	5.8	6	6	5.9	Mildly Thick	Prethickened liquids
Hormel: Hydrolyte Clear Nectar	Cold	LL	6.4	6.2	6.4	6.3	Mildly Thick	
Hormel: Hydrolyte Clear Nectar 2 nd trial	Cold	ST	6.2	6	6	6.1	Mildly Thick	All Good mid-range
Hormel: Hydrolyte Clear Nectar 2 nd trial	Cold	LL	6	6	6.1	6	Mildly Thick	Extra trials on different days, w/ different product
Hormel: Hydrolyte Clear Nectar 3 rd trial	Cold	ST	6.5	6.2	6.4	6.4	Mildly Thick	
Hormel: Hydrolyte Clear Nectar 3 rd trial	Cold	LL	6.2	6.3	6.2	6.2	Mildly Thick	
Hormel: Hydrolyte Clear Nectar	Warm	ST	5.4	5.6	5.8	5.6	Mildly Thick	
Hormel: Hydrolyte Clear Nectar	Warm	LL	5.4	5.4	5.4	5.4	Mildly Thick	
Hormel: Hydrolyte Clear Nectar 2 nd trial	Warm	ST	5.2	5	5	5.1	Mildly Thick	Extra trials on different days, w/ different product
Hormel: Hydrolyte Clear Nectar 2 nd trial	Warm	LL	5.4	5.4	5.4	5.4	Mildly Thick	
Hormel: Hydrolyte	Warm	ST	5.2	5	5	5.1	Mildly Thick	

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Clear Nectar 3 rd trial								
Hormel: Hydrolyte Clear Nectar 3 rd trial	Warm	LL	5.4	5.4	5.4	5.4	Mildly Thick	
Hormel: Clear Apple Nectar	Cold	ST						Prethickened liquids
Hormel: Clear Apple Nectar	Cold	LL						
Hormel: Clear Apple Nectar	Warm	ST						
Hormel: Clear Apple Nectar	Warm	LL						
Hormel: Clear Apple Honey	Cold	ST	9.8	9.8	9.8	9.8	Borderline w/ extremely	Borderline too thick for mod.
Hormel: Clear Apple Honey	Cold	LL	9.8	9.9	9.6	9.8	Borderline w/ extremely	Borderline too thick for mod.
Hormel: Clear Apple Honey	Warm	ST						
Hormel: Clear Apple Honey	Warm	LL						
Hormel: Clear PeachMango Nect	Cold	ST	5	5.1	5.2	5.1	Mildly Thick	
Hormel: Clear PeachMango Nect	Cold	LL	5.2	5	5	5.1	Mildly Thick	
Hormel: Clear PeachMango Nect	Warm	ST	4.2	4.2	4.2	4.2	Mildly Thick	
Hormel: Clear PeachMango Nect	Warm	LL	4.2	4.2	4.2	4.2	Mildly Thick	
Hormel: Clear Peach Mango Honey	Cold	ST	9.8	9.8	9.8	9.8	Borderline w/ Extremely	Borderline too thick
Hormel: Clear Peach Mango Honey	Cold	LL	9.8	9.8	9.8	9.8	Borderline w/ Extremely	Borderline too thick

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Hormel: Clear PeachMango Honey	Warm	ST	9.7	9.7	9.7	9.7	Moderately Thick	Borderline too thick
Hormel: Clear PeachMango Hon	Warm	LL	9.8	9.8	9.8	9.8	Borderline w/ Extremely	Borderline too thick
Hormel: Clear Orange Nectar	Cold	ST	7.4	7	7.4	7.3	Mildly Thick	
Hormel: Clear Orange Nectar	Cold	LL	7.4	7.4	7.4	7.4	Mildly Thick	
Hormel: Clear Orange Nectar	Warm	ST	6.4	6.3	6.4	6.4	Mildly Thick	
Hormel: Clear Orange Nectar	Warm	LL	6.4	6.6	6.5	6.5	Mildly Thick	
Hormel: Clear Orange Honey	Cold	ST	9.8	9.8	9.8	9.8	Borderline w/ Extremely	Borderline too thick
Hormel: Clear Orange Honey	Cold	LL	9.8	9.8	9.8	9.8	Borderline w/ Extremely	Borderline too thick
Hormel: Clear Orange Honey	Warm	ST	9.8	9.8	9.8	9.8	Borderline w/ Extremely	Borderline too thick
Hormel: Clear Orange Honey	Warm	LL	9.8	9.8	9.8	9.8	Borderline w/ Extremely	Borderline too thick
Hormel Thick & Easy Clear Nectar	Cold	ST	5	4.8	5	4.9	Mildly Thick	Clear – Gum based powder packets
Hormel Thick & Easy Clear Nectar	Cold	LL	5.2	5.2	5.2	5.2	Mildly Thick	
Hormel Thick & Easy Clear Nectar	Warm	ST	4.8	4.8	4.6	4.7	Mildly Thick	
Hormel Thick & Easy Clear Nectar	Warm	LL	5	5	4.8	4.9	Mildly Thick	
Hormel Thick & Easy Clear Honey	Cold	ST	8.8	8.8	8.8	8.8	Moderately Thick	
Hormel Thick &	Cold	LL	8.6	8.7	8.8	8.7	Moderately	

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Easy Clear Honey							Thick	
Hormel Thick & Easy Clear Honey	Warm	ST	8	8	8.2	8.1	Moderately Thick	
Hormel Thick & Easy Clear Honey	Warm	LL	8.8	8.4	8.6	8.6	Moderately Thick	
Hormel Mighty Nutritional Shake II - Cappuccino	Cold	ST	7.8	7.8	7.8	7.8	Borderline Mild to Moderately Thick	
Hormel Mighty Nutritional Shake II - Cappuccino	Cold	LL	8	8	8	8	Borderline Mild to Moderately Thick	
Hormel Mighty Nutritional Shake II - Cappuccino	Warm	ST	5.8	5.8	5.8	5.8	Mildly Thick	
Hormel Mighty Nutritional Shake II - Cappuccino	Warm	LL	6	6	6	6	Mildly Thick	
Hormel Med Pass 2.0 Fortified Shake – Nectar Consist.	Cold	ST	7.7	7.6	7.6	7.6	Mildly Thick	
Hormel Med Pass 2.0 Fortified Shake – Nectar Consist.	Cold	LL	8	7.8	7.8	7.87	Borderline mild to moderately thick	
Hormel Med Pass 2.0 Fortified Shake – Nectar Consist.	Warm	ST	5.6	5.5	5.6	5.6	Mildly Thick	
Hormel Med Pass 2.0 Fortified Shake – Nectar Consist.	Warm	LL	6	6	6	6	Mildly Thick	
Thik & Clear - Nutra Balance Nectar thick	Cold	ST	8.4	8.5	8.4	8.4	Moderately thick/too thick	Gum based thickener powder

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Thik & Clear - Nutra Balance Nectar thick	Cold	LL	9	9.2	9	9.06	Moderately thick/too thick for Mildly	
Thik & Clear - Nutra Balance Nectar thick	Warm	ST	7.2	7.2	7.4	7.26	Mildly thick	
Thik & Clear - Nutra Balance Nectar thick	Warm	LL	7.6	7.8	7.6	7.67	Mildly thick / borderline too thick	
Thik & Clear - Nutra Balance Nectar thick	Warm 2 nd trial	ST	7.7	7.6	8	7.77	Mildly thick / borderline too thick	
Thik & Clear - Nutra Balance Nectar thick	Warm 2 nd trial	LL	8	8.2	8	8.06	Moderately thick	
Ensure Original – Milk Chocolate	Warm	LL	0	0	0	0	Thin liquid	
Ensure Original – Milk Chocolate w/ 2 packets of Hormel Cornstarch thickener/nectar	Warm	LL	4.4	5.4	6.6	5.4	Mildly thick liquid	?thickening over time
Ensure: Chocolate Milk “Enlive”	Cold	ST	3.8	3.6	4	3.8	Slightly Thick	Too thin for nectar/mildly
Ensure: Chocolate Milk “Enlive”	Cold	LL	4.2	4.2	4	4.1	Borderline Mildly thick	Too thin for nectar/mildly
Ensure: Chocolate Milk “Enlive”	Warm	ST	2.7	3	2.8	2.8	Slightly Thick	Too thin for nectar/mildly
Ensure: Chocolate Milk “Enlive”	Warm	LL	3.1	3	3	3.03	Slightly Thick	Too thin for nectar/mildly
Ensure: Chocolate Milk “Enlive”	Warm 2 nd Trial	LL	3	3	2.2	2.7	Slightly Thick	Additional trial - 3/2018
Glucerna	Cold	ST	1.2	1.4	1.6	1.4	Slightly Thick-	Almost a thin

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							borderline too thin	liquid
Glucerna	Cold	LL	1.6	1.8	1.8	1.7	Slightly Thick-borderline too thin	Almost a thin liquid
Glucerna	Cold	ST	0.2	0.1	0	0.1	Thin liquid	
Glucerna	Cold	LL	0.2	0.1	0.1	0.1	Thin liquid	
Glucerna Carb Steady - Creamy Strawberry	Warm	LL	0	0	0	0	Thin liquid	
Nepro	Cold	ST	7.8	8	8	7.9	Mildly Thick	Borderline to Moderately Thick
Nepro	Cold	LL	8	8	8	8	Borderline	Between Mildly & Moderately
Nepro	Warm	ST	5.1	5.6	5.8	5.5	Mildly Thick	When rm temp;
Nepro	Warm	LL	5.8	5.8	5.6	5.7	Mildly Thick	Still safe if it sits
Nepro Carb Steady - Butter Pecan	Warm	LL	3.4	3	3.2	3.2	Slightly Thick	Carb Steady Nepro is different
Lactulose USP 20g/30ml	Warm	ST	6	6.2	6	6.1	Mildly Thick	Consistent Nectar/Mildly
Lactulose USP 20g/30ml	Warm	LL	6	6.2	6	6.1	Mildly Thick	

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