

ARE YOU READY?



IDDSI is launching in St. Michael's House from



Important safety information for people with feeding, eating, drinking and swallowing difficulties and their staff.



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What's new?

- The names of modified diets and thickened drinks are changing to comply with international standards.
- The new system is called the International Dysphagia Diet Standardisation Initiative (IDDSI).

Are there any risks associated with this change?

- Yes, for example:
- IDDSI Level 2 drinks will be thinner than Grade 2 drinks.
- IDDSI Level 3 drinks will be thinner than Grade 3 drinks.

Irish Descriptors 2009	IDDSI
Regular fluids	Level 0 (thin)
Grade 1 (very mildly thick)	Level 1 (slightly thick)
Grade 2 (mildly thick) →	Level 2 (mildly thick)
Grade 3 (moderately thick) →	Level 3 (moderately thick)
Grade 4 (extremely thick)	Level 4 (extremely thick)



Remember! Signs of difficulty swallowing:

- Coughing or throat clearing
- Choking
- 'Wet' sounding voice
- Eye-tearing
- Unexplained increases in temperature
- Deterioration in chest status e.g. chest infection

If you notice difficulties with swallowing, contact your GP or doctor for an urgent medical review or your SLT for a swallowing assessment.

The IDDSI Steering Group, St. Michael's House.