

## What do you need to do?

- **Share this information** with anyone who supports you or any staff you work with.
- Continue using your thickener as you currently do
- Convert your current **Stage** to a new **Level** using the table on page 2
- You **don't need a reassessment** by a speech and language therapist unless you feel your swallow has changed

## Help us get it right

If you have a complaint, concern, comment or compliment, please let us know by speaking to a member of staff. We learn from your feedback and use the information you provide to improve and develop our services.

If you would like to talk to someone outside the service contact the **Patient Experience Team** on **0113 220 8585**, Monday to Friday 8.30am to 4.30pm or email [lch.pet@nhs.net](mailto:lch.pet@nhs.net)

---

## Contact us

If you have any further questions please contact:

---

We can make this information available in Braille, large print, audio

[www.leedscommunityhealthcare.nhs.uk](http://www.leedscommunityhealthcare.nhs.uk)

## The way we describe thickened drinks is changing



## Working in Partnership

Leeds Community Healthcare NHS Trust

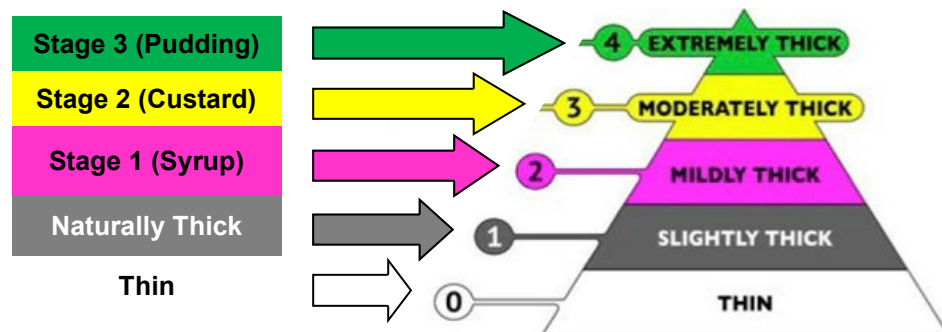
Leeds Teaching Hospitals NHS Trust

Leeds and York Partnership NHS Partnership Trust

## The way we describe thickened drinks is changing

We are moving from a national set of guidelines to an international set called the International Dysphagia Diet Standardisation Initiative (IDDSI).

The new descriptors are very similar to the current descriptors and transfer across easily.



The previous descriptions had “**stages**” the new descriptions have “**levels**”. The numbers are not the same but can be converted using the table below.

Old Stages	New Levels (IDDSI)
Naturally Thick	Level 1 (Slightly Thick)
Stage 1 (Syrup)	Level 2 (Mildly Thick)
Stage 2 (Custard)	Level 3 (Moderately Thick)
Stage 3 (Pudding)	Level 4 (Extremely Thick)

Over the next year the labelling on tins and sachets of drink thickeners will change. This is because they are starting to use the new descriptions.

You may have tins or sachets with the old labelling **or** the new labelling during the changeover period. **Either are**