StreamGearLab

Dropped Frames Fix Card

Read the counter, then work through the fixes in order. Re-test after each one.

1. Read OBS Stats (View → Docks → Stats)

Counter climbing	Meaning	First fix
Dropped frames (network)	Upload can't keep up	Steps 2–6 below
Skipped frames (encoding lag)	Encoder overloaded	Hardware encoder (NVENC/AMF/QSV), or lower resolution/FPS
Missed frames (rendering lag)	GPU overloaded	Cap game FPS, close GPU-heavy overlays

2. Set bitrate to about 75% of your real upload

Tested upload (worst result)	Max bitrate (75%)	Sensible Twitch setting
4 Mbps	3,000 kbps	720p30
6 Mbps	4,500 kbps	720p60 or 1080p30
8 Mbps	6,000 kbps	1080p60
10+ Mbps	7,500 kbps	1080p60 at 6,000 (Twitch guideline)

Settings → Output → Streaming → Bitrate. Rate control: **CBR**.

3. The fix order

1. **Go wired.** Ethernet from the router to the PC (powerline if you must).
2. **Lower bitrate** to the 75% number above.
3. **Change ingest server** in Settings → Stream (Windows: TwitchTest checks each Twitch server).
4. **Network settings** (Settings → Advanced → Network): try network optimizations, TCP pacing, IPv4 only. One at a time.
5. **Rule out the network:** restart modem and router, update adapter drivers, pause VPN or firewall, check outbound TCP 1935, stop cloud backups and updates.
6. **Test another service.** Drops there too? Call your ISP and say “upload packet loss”.

Last resort: “Dynamically change bitrate” hides drops by blurring the picture. It doesn't fix the cause.

Free tools: streamgearlab.com/tools/bitrate-calculator/ and /tools/obs-settings-generator/