

SPEECH AND LANGUAGE THERAPY

General Swallowing Advice for Eating and Drinking

- Have small mouthfuls / sips of fluid - Avoid over filling your mouth
- Use open cups / mugs / glass - Avoid using sports bottles / cans / beakers with lids
- Take your time when eating or drinking
- Make sure mouth is clear before next mouthful
- Avoid washing food down with fluids
- Don't have food or drink that is too hot—this can make you swallow too quickly
- Sit upright for 20 – 30 minutes after eating
- Avoid distractions or talking when eating or drinking.

Should any of the following occur **Please discuss with your GP**

Recurrent chest infections

Unplanned Weight loss

Sudden sustained increase in saliva /drooling alongside swallowing problems

Regular / persistent coughing when eating or drinking

Choking – airway blocked by food, possibly requires intervention

Increased shortness of breath after eating/drinking

Persistent wet / gurgly voice quality

Supporting people to be Safe, Well and at Home