

1

Be alert, only eat and drink if you are fully alert.

2

Take your time, when eating food or when drinking, do not rush this.

3

Concentrate, on eating and drinking, avoid distractions.

4

Position. Sit upright and in the midline (not leaning to one side). Do not tilt head upwards when swallowing, look straight ahead or try tucking chin down very slightly.

5

Consistency of food or fluids. **Food** - if struggling to chew food, try eating softer, more moist foods, or mashed food or liquidised food. **Fluids** - if struggling to swallow fluids try naturally thicker fluids e.g. Smoothies, fruit juice such as mango, or milkshakes.

6

Quantities. **Food**, take small mouthfuls at a time, this makes it easier to chew and swallow food. **Fluids**, take small, single sips at a time. Take cup away from mouth to enable lips to close and for a safer swallow.

7

Food pouching in mouth. Make sure your mouth is clear of all food after each meal, try clearing with your tongue and spit out or use your finger or toothbrush to remove food.

8

Medication. If struggling to swallow tablets or a particular medication, please try to swallow with tepid water or a semi-solid, e.g. smooth yoghurt, Weetabix. If this does not help please contact your GP.

9

Saliva/ secretions. Thin saliva/drooling - try to swallow regularly to clear, if this does not help speak with your GP and they may be able to prescribe something to dry up your saliva.

10

Thick saliva/phlegm sticking in your throat. Please contact your GP, they may be able to prescribe a medication to break down the phlegm. If you are on medication for reflux e.g. Lansoprazole or Omeprazole, please ensure you take it at least 30 minutes before you take other medication for it to work most effectively and thus reducing phlegm. If you have any questions about this please contact your GP.





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