

- If tablets are difficult for you to manage ask your Doctor about liquid medication

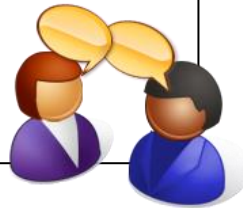


Where can I go for more information?

Your local speech and language therapist will be able to provide you with more information.

Speech and Language Therapy Department
Norwich Community Hospital
Bowthorpe Road, Norwich
NR2 3TU

Tel: 01603 216021



You can receive help with queries about
NCH&C services from

Patient Advice and Liaison Service

Telephone: **0800 088 4449**

Email: **pals@nchc.nhs.uk**
(Monday-Friday 9am-5pm)



If you would like this leaflet in large print, audio,
Braille, alternative format or in a different
language please contact: **01603 697492**

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Safe Swallowing

Information and
advice about
swallowing safely



Looking after you locally

Speech and Language Therapy Department Safe Swallowing Information Leaflet

You have been given this leaflet because you or someone you know has dysphagia (a swallowing difficulty). This leaflet will explain the safest ways to eat and drink.



Before eating and drinking

- Sit as upright as possible, preferably in a chair and at a table.
- Reduce any distractions such as radio or television.



During eating and drinking

- Eat and drink slowly. Do not rush.
- Take one mouthful at a time. Sometimes two or more swallows may be needed to help clear the food or drink from your throat or mouth.
- Avoid more difficult foods/drinks when you are tired e.g. late in the day.
- Ensure your mouth is clear before taking another mouthful
- Alternating sips of drink and mouthfuls of food may be helpful.

- Drinks should be taken from an ordinary cup or glass unless advised otherwise.
- Spouts or straws should usually be avoided as they make fluids more difficult to control
- Avoid large mouthfuls.
- Try to avoid tipping your head backwards when eating and drinking.
- Try to concentrate, avoid talking when eating and drinking
- For people that require assistance with feeding, it can be helpful to hold the cup/ spoon/ fork together known as 'hand over hand feeding'.
- Follow the food/ fluid consistencies advised by your Speech & Language Therapist



After eating and drinking

- Stay sitting upright for 30 minutes after eating.
- At the end of each meal make sure your mouth is empty



Top tips

- Clean your mouth well to avoid bacteria growing. Brush your teeth, gums and tongue twice a day. Don't forget to clean your dentures thoroughly.
- Iced or fizzy drinks can sometimes be easier to swallow (remember to thicken if necessary).