

# Swallowing Precautions

Call your speech-language pathologist if you have any questions or concerns about your precautions.

## Supervision

- You don't need any supervision.
- You need someone to watch you every few minutes when you eat meals.
- You need someone to help or watch you every time you eat or drink.

## How to Sit

- Sit up straight in a chair every time you eat or drink.
- Sit or stand (don't lie down) for at least 30 minutes after meals.

## Medicine (Pills)

- Take as you normally would.
- Put in pudding, applesauce or yogurt.
  - whole
  - crushed

## Medicine (Liquid)

- Take as you normally would.
- Mix in pudding, applesauce or yogurt.

## Your Precautions

### Recommended diet:

\_\_\_\_\_

### Liquid consistency:

- thin    nectar-thin    honey-thick
- pudding-thick

### Small sips of plain water or ice chips:

- yes    no

## Your Speech-Language Pathologist

Name \_\_\_\_\_

Phone \_\_\_\_\_

## Swallow Precautions

- Take small bites and small sips.
- Drink liquids or thickened liquids one sip at a time.
- Pause between each bite and each sip. (Pause long enough to swallow completely and catch your breath if needed.)

*(over)*

- Swallow 2 times (double swallow) with each bite and each sip.
- Alternate food with sips of liquid or thickened liquid.
- Clear your throat once in a while to keep your airway clear.
- Clear your throat after each bite or sip.
- Use a hard, effortful swallow with every bite and sip.
- Check your mouth to make sure you swallow all of your food.
- Focus while you eat. Keep distractions to a few.
- Do your mouth care after each meal.
- Tuck your chin while you swallow.
- Turn your head to look over your left / right shoulder when you swallow.
- Do not use straws.
- Moisten dry solid foods with sauces, gravies, sour cream, butter or syrup.
- Stand or sit straight up for \_\_\_\_\_ minutes after eating and drinking.

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### **When To Call Your Doctor**

Call your doctor if you have:

- cough that does not go away
- throat-clearing during, after you eat or drink, or both
- fever of more than 100 F
- congestion in your lungs (wet or noisy breathing, or both)
- not as alert as usual
- changes in your voice (wet or gurgly sounding)
- problems with your mouth secretions
- increased shortness of breath.