

# Safe Swallowing Strategies

Name: \_\_\_\_\_ Date: \_\_/\_\_/20\_\_

## Consistency of food and drinks

### Meals:

- Normal diet
- Soft solid diet
- Minced diet
- Pureed diet
- Other: \_\_\_\_\_

### Drinks:

- Thin fluids
- ¼ thickened fluids
- ½ thickened fluids
- Full thickened fluids
- Other: \_\_\_\_\_

## Positioning

- Sit fully upright (chair is best)
- Chin tucked slightly down
- Head turned to the left / right
- Stay upright 30 mins after meal/snack
- Other: \_\_\_\_\_



## Swallowing

- Take small mouthfuls / sips
- Alternate mouthfuls of food and drink
- Allow \_\_\_\_ swallows per mouthful
- Use teaspoon / dessertspoon
- Use a cup with a spout / straw for drinking
- Listen to the voice – if it sounds “wet”, cough and clear the throat then swallow again
- Stop eating if there is ongoing coughing, choking, gurgly voice or pooling of food in the mouth
- Take frequent pauses during the meal
- Check that the mouth and cheeks are free from food after eating
- Other: \_\_\_\_\_

## Special instructions

\_\_\_\_\_

If you require further information, please contact the speech pathology department:

Speech Pathologist: \_\_\_\_\_ Telephone: \_\_\_\_\_