

# Tips for safe eating and drinking

- Ensure that Client is awake and alert when eating and drinking
- **Do not** offer food/drink when drowsy or asleep
- Ensure that Client is sat as upright as possible when eating and drinking and remains in the position for at least 30 minutes after eating/drinking
- Ensure Client has swallowed before offering/taking next mouthful
- Encourage small, single sips/mouthfuls, making sure Client has swallowed before offering/taking next mouthful
- Encourage regular mouth care/hygiene, at least twice a day

## Warning signs

- Choking, coughing and/or throat clearing during or soon after eating and drinking
- Breathing problems or change in skin colour when eating and drinking
- A wet or gurgly voice after swallowing food or drinks
- Recurrent raised temperature (i.e. signs of a fever)
- Frequent chest infections
- Frequent urine infections
- Loss of food or drink from your mouth
- Pouching of food in your mouth
- Weight loss

