

Tips for safe eating and drinking

- Ensure that you are awake and alert when eating and drinking
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- Do not eat/drink when drowsy or fatigued
- Ensure you are sat as upright as possible when eating and drinking and remain in the position for at least 30 minutes after eating/drinking
- Ensure you have swallowed before taking the next mouthful
- Eat and drink at a slow pace taking only small, single sips/mouthfuls
- Carry out 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

