

Advice following evaluation of swallowing

This information sheet has been put together by staff from the Speech and Language and Physiotherapy departments. As your speech and language therapist has explained, some of the food and drink that you have been given in this assessment today has gone the wrong way, into your lungs. Some of this will naturally be absorbed by your lung which is quite normal. However, we recommend the following:

- Take regular deep breaths to fully inflate your lungs
- Cough to remove any food or drink that has gone the wrong way – using steam inhalation may also help
- Keep active, for example walking around.

If any food or liquid stays in your lungs it can lead to a chest infection. The following are signs that you may have developed a chest infection and you should see your GP as soon as possible:

- You notice an increase in the amount of sputum you cough up
- You notice a change in colour of the sputum you cough up
- You notice the sputum you cough up has become thicker
- You feel chesty and have a temperature
- You notice an increase in shortness of breath or wheeze
- You feel an increase in chest tightness.

Contact details

If you have any queries, please contact the Speech and Language Therapy department:

Chelsea 020 7808 2815

Sutton 020 8661 3038

Alternatively, please call:

The Royal Marsden Macmillan Hotline: 020 8915 6899
(available 24 hours a day, 7 days a week)

