



Managing Eating, Drinking, and Swallowing

Your swallowing muscles can become weak after having a breathing tube while in hospital. These tips will help protect you from choking or having food or liquid entering your lungs:

30
min

- Sit straight, stand, or walk for at least 30 minutes after meals.



- Eat soft and smooth or moist foods, or chop solid foods into very small pieces.



- Avoid distractions. Take your time and eat your meals in a quiet place.



- Take small bites of food and chew well before swallowing. Take small sips of liquid between bites of food. An extra swallow between bites can clear any food that feels stuck in your throat.



- Eat lots of small meals if you have trouble or get tired eating big meals.



- Brush your teeth after every meal and drink plenty of liquids to keep your mouth healthy.

Eating and drinking safely will help you get well. If you are coughing or choking when eating or drinking, see your doctor or nurse practitioner to be referred for further assessments.

