

## Clearing swallow

**Only complete this if recommended by a speech and language therapist**

### **This may help to:**

- Clear any food or drink left in your throat after you swallow
- Reduce the risk of food or drink “going down the wrong way”

### **How to do this:**

- Swallow food or drink as normal.
- Swallow again without any food or drink.
- Do this every time you are swallowing food or drink.

If you have any questions about this, please contact the Speech and Language Therapy (SLT) department on the telephone number provided below.

### **Speech and Language Therapy Services**

**Queen Elizabeth Hospital Birmingham, Mindelsohn Way, Edgbaston  
Birmingham, B15 2GW  
Telephone: 0121 371 3483**

### **Accessibility**

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