



Super supraglottic swallow

Only complete this if recommended by a speech and language therapist

This may help to:

- Reduce the risk of food and drink going down the wrong way

How to do this:

It may be helpful to practice this manoeuvre without food or drink (with just swallowing your saliva) until you feel comfortable with it.

1. Hold your breath and tightly bear down.
2. While holding your breath, swallow as hard as you can.
3. After swallowing, cough and breathe out.

If you have any questions about this exercise, please contact the Speech and Language Therapy (SLT) department on the contact 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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