



## 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**

To view this information in a different language or use the text-to-speech reader visit [www.uhb.nhs.uk](http://www.uhb.nhs.uk), click the yellow and black circular icon in the bottom right of the web page to open the ReachDeck toolbar and then use the search bar to search by the name of the leaflet. If you require this information in another format such as braille or audio please email [interpreting.service@uhb.nhs.uk](mailto:interpreting.service@uhb.nhs.uk).



### **How did we do?** 😊 😐 😞

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