



Supraglottic swallow

Only complete this if recommended by a speech and language therapist

This may help to:

- Increase the safety of your swallow by closing your airway before and during your swallow
- Clear any residue left in your throat after swallowing

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. Take a breath in and hold it
2. Swallow while holding your breath
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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