

RED FLAGS OF SWALLOWING PROBLEMS

DURING MEALS

- Coughing or throat clearing
- Watery eyes
- Wet or gurgly voice
- Increased breathing effort
- Food remaining in mouth (pocketing)
- Taking a long time to chew or swallow
- Complaints of food “sticking” or “not going down”
- Multiple swallows needed for each bite
- Refusal to eat or fear of swallowing

AFTER MEALS

- Fever, especially recurrent
- Chest congestion or wet-sounding breathing
- Recurrent pneumonia
- “Silent” choking episodes
- Weight loss or dehydration
- Frequent throat clearing
- Fatigue after eating

WHAT TO DO IF YOU SEE RED FLAGS

- Stop feeding immediately
- Keep the person upright
- Check care plan for guidance
- Notify a nurse or SLP
- Do not offer water or food until cleared