

Speech and Language Therapy

Aintree Site

Lower Lane, L9 7AL Tel: 0151-525-5980

Royal Site

Prescot Street, L7 8XP

Broadgreen Site

Thomas Drive, L14 3LB

Royal & Broadgreen Tel: 0151-706-2000

Cued Swallow

What is a cued swallow?

A cued swallow is a technique to help you swallow.

Your Speech & Language Therapist has assessed you and has selected this technique for you.

Who does it help?

This technique will help people with difficulty co-ordinating a swallow.

How does it help?

It focuses attention on the action of swallowing and reduces the chance of food entering your throat before you swallow.

How do I do it?

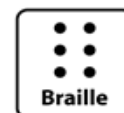
1. Take the food or drink into your mouth.
2. Hold the food or drink in your mouth briefly, approximately 2 – 5 seconds.
3. Swallow the food or drink. Squeeze the muscles of your mouth and throat tightly as you swallow.

How often do I need to use the cued swallow?

It is recommended that you use this technique every time you swallow food or drink.

If I have any queries who do I ask?

Please contact the Speech & Language Therapy Department on 0151 529 4986.



If you require a special edition of this leaflet

This leaflet is available in large print, Braille, on audio tape or disk and in other languages on request. Please contact:

Tel No: 0151 529 2906

Email: interpretationandtranslation@liverpoolft.nhs.uk