

Hard to swallow?

Difficulties eating, drinking or swallowing can have a huge impact on your quality of life. Speak to your GP if you or your loved one experience any of the following during or after swallowing:



- Chestiness without symptoms of a cold
- Coughing or gagging
- Pain or great effort
- Change in voice quality, eg 'wet' or 'gurgly'
- Food left behind in the mouth
- Changes in breathing, eg breathlessness or gasping.

Also watch out for high risk behaviours, like not chewing enough, overfilling the mouth, eating or drinking too quickly.



Hard to swallow?

This poster aims to raise awareness of swallowing difficulties (dysphagia) and describes what to do if you have symptoms or see signs in a loved one.

Published

14 February 2020

Last reviewed

14 September 2020

Details

Format

A3 poster

Target group

General public, health professionals

Downloads

Attachment	Size
Swallow Aware Poster A3 Male Pic LR 02 20.pdf	1.13 MB

Tags

- [swallowing difficulties](#)
- [dysphagia](#)
- [poster](#)

Share this page

- [Share by email](#)
- [Share on X](#)
- [Share on Facebook](#)
- [Share on LinkedIn](#)
- [Share on WhatsApp](#)
- [Download as PDF](#)

Was this page useful?

Yes No

Thank you for your feedback.

Sorry to hear that. [Tell us what went wrong.](#)