

GENERAL ASPIRATION PRECAUTIONS & SAFE SWALLOW TECHNIQUES FOR ORAL INTAKE

- 1. ALERT FOR ALL INTAKE**
- 2. SIT UPRIGHT AS CLOSE TO 90 DEGREES AS POSSIBLE**
- 3. NO LOUD TV/RADIO – SOFT INSTRUMENTAL MUSIC OK**
- 4. CHIN TUCK**
- 5. NO STRAWS* (unless specifically stipulated)**
- 6. SMALL AMOUNTS**
- 7. EAT SLOWLY**
- 8. CHEW THOROUGHLY**
- 9. ALTERNATE FOOD AND BEVERAGE, BEGINNING AND
ENDING WITH BEVERAGE**
- 10. DO NOT TALK WITH FOOD IN MOUTH**
- 11. ORAL CARE/CLEAN MOUTH AFTER MEALS/INTAKE**
- 12. REMAIN UPRIGHT FOR AT LEAST ONE HOUR AFTER
MEALS/INTAKE.**