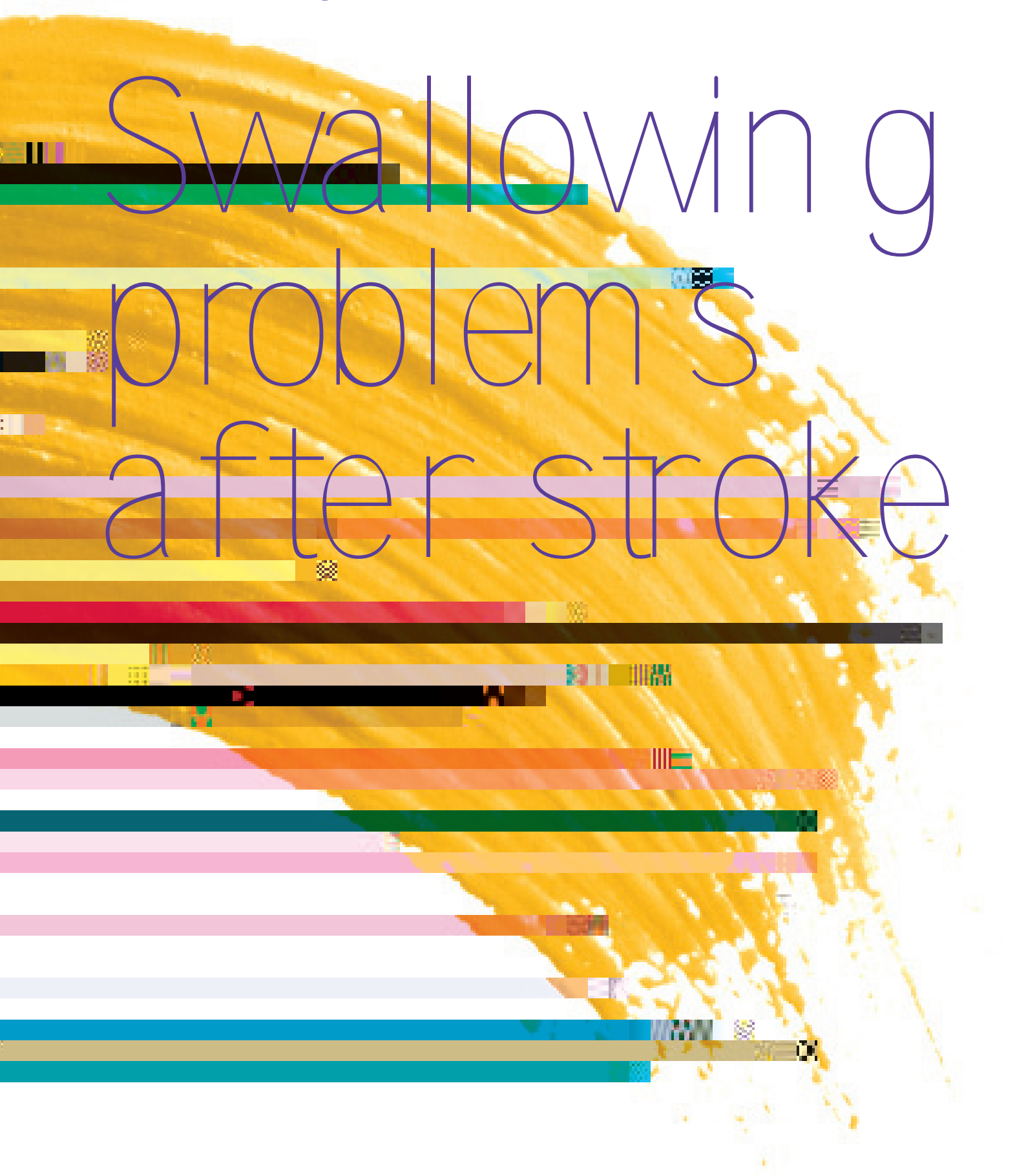


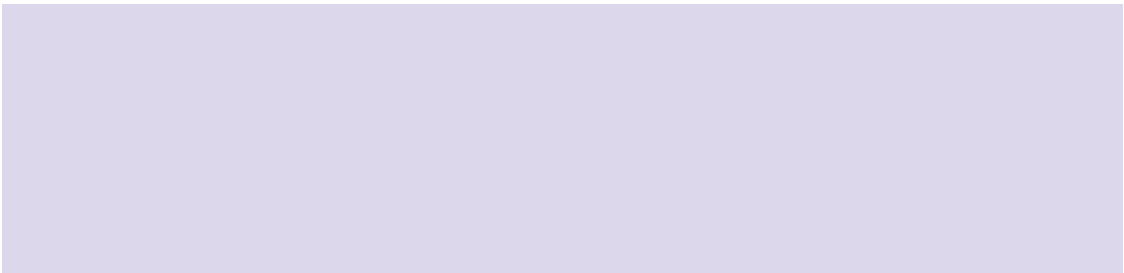
A complete guide to swallowing
problems after stroke



A complete guide to

Swallowing problems after stroke





What's in this guide?

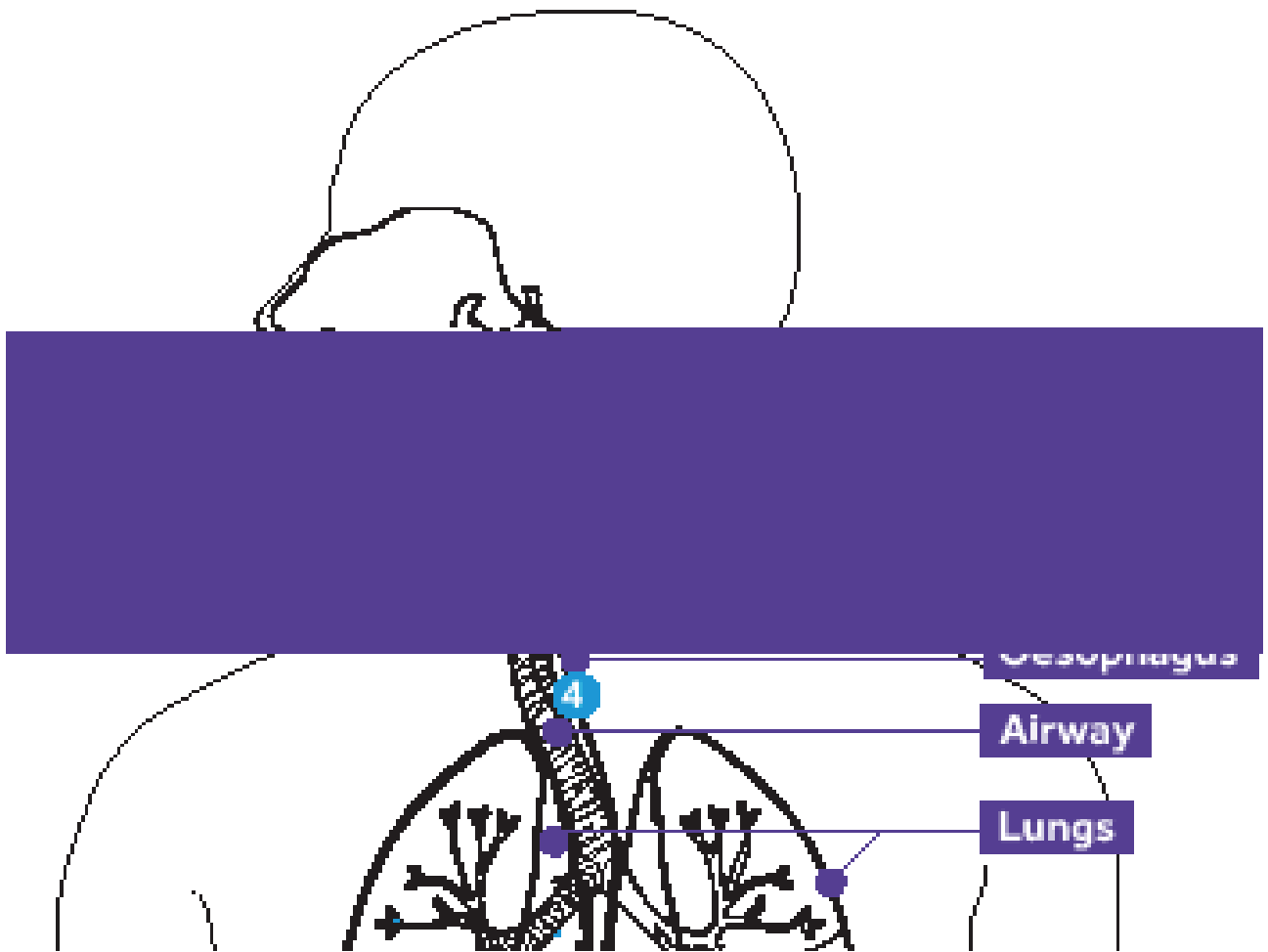
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Why can't I swallow?

your brain to coordinate many different
of your brain that do this, then this will affect

Other effects of stroke can make eating,
drinking and swallowing difficult too. If your
arm or hand has been affected by your stroke,





The four stages of swallowing

the point of swallowing, a flap in your

Can swallowing problems make you unwell?

confirm whether you are swallowing safely.

Signs of swallowing problems

This should happen within the first few

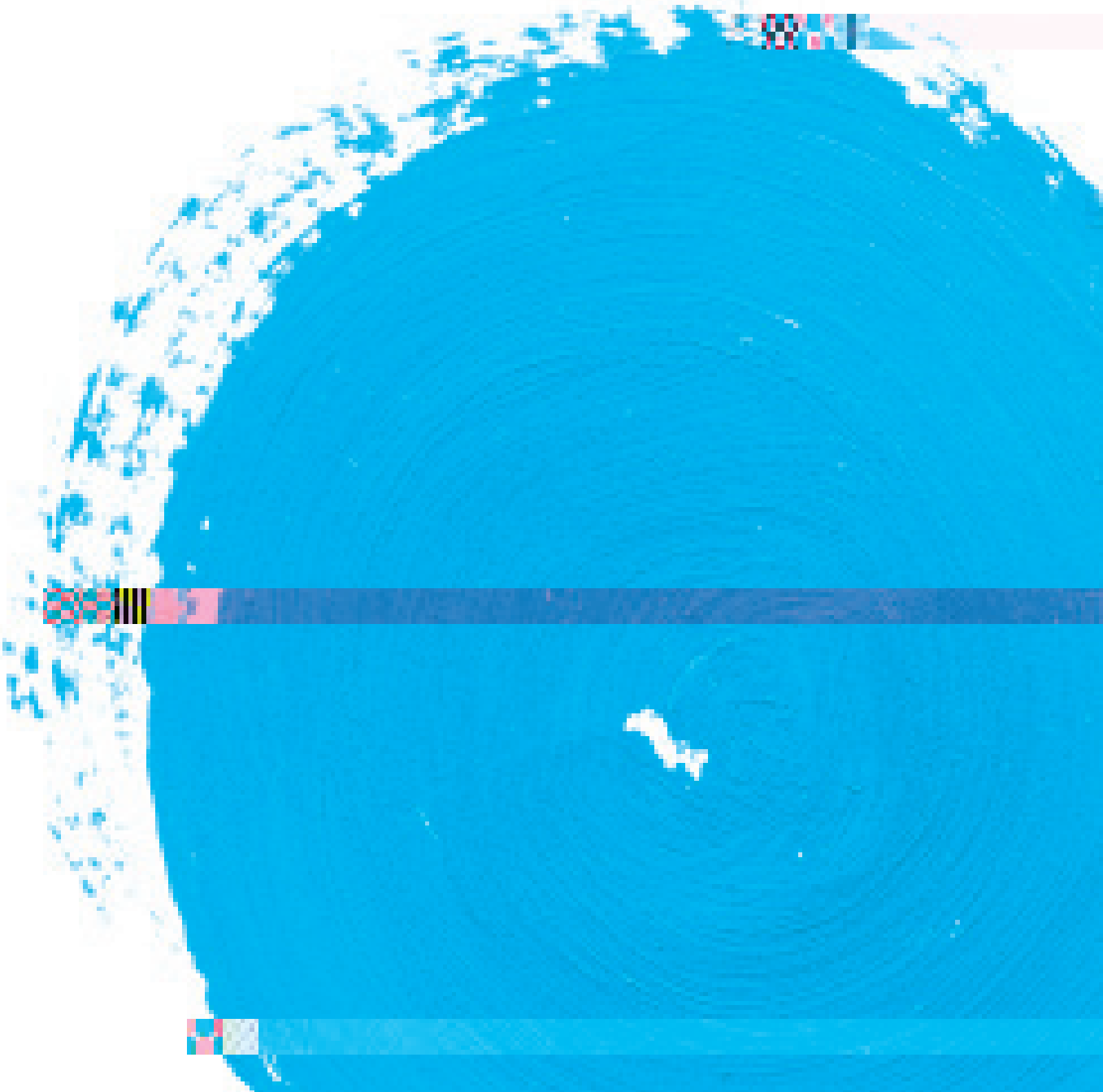
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- taking a long time to swallow or finish a
-
-

Will my swallowing get better?

the first few weeks. A small number of people

lasting difficulties.

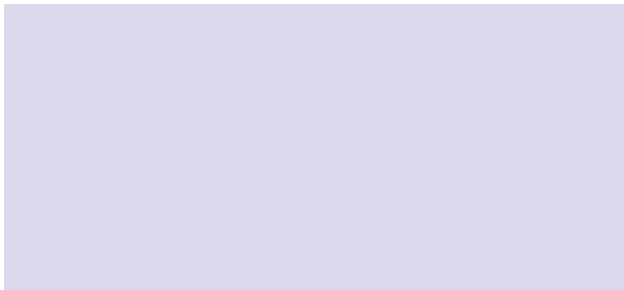
difficulties, they don't have to stop you from doing what you want to do. Most people find



Are there treatments that can help?

Changing your diet

manage your swallowing difficulties.



enough food or fluids into your body. Your

the different things you can do.

-
-
-

- **Thicken your drinks**

difficult to control. However, there are

are lots of different powders, which can thicken drinks to different consistencies,

- **Eat soft or pureed food**

- **Change the temperature**

Hot foods and drinks can be difficult to

- **Change how and when you eat**

may be better for you if you're finding it quickly. You may also find small portions

Swallowing assessments

involve different tests. You may have to do all

-

different consistencies. This lets them

- A videofluoroscopy involves taking a video

they're getting the nutrition and fluids that

see the food or fluid you are swallowing.

be given different foods and drinks to

- A fiberoptic endoscopic evaluation of

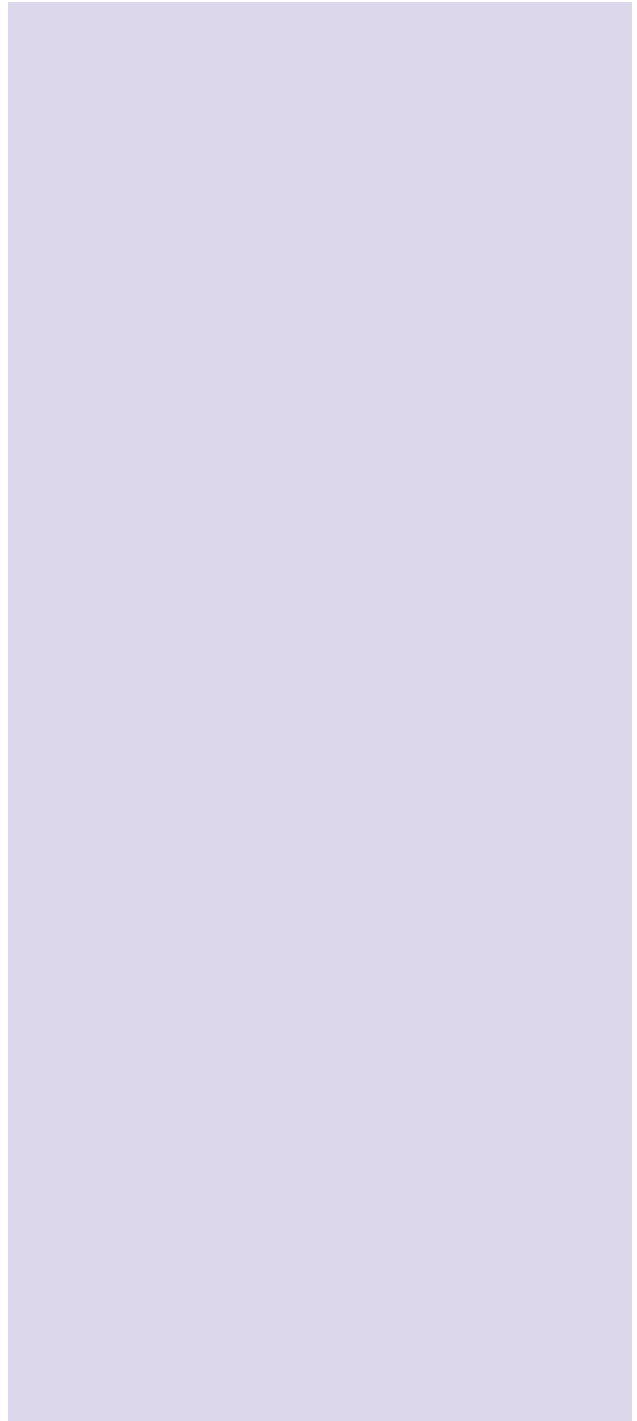
to find out what's happening when you

flexible tube that has a light and a tiny

better within the first few weeks, it can take
to swallow, you'll be given fluids through a

Tube feeding

There are different types of feeding tubes.



Tube feeding at home

find it's not as difficult as you thought.

Five reasons to consider tube feeding at home

later, if you do find it too much.

Questions to ask before you go home

-
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-

answers, the more confident you'll feel about



4

Look after your mouth and teeth

around your finger. Someone in

with high levels of fluoride

When you've finished brushing,

way, more fluoride from the

Tips for family and friends



It can be difficult to know how to



Always check

It's difficult to know what helps



stroke team first.



Don't ignore advice

Give them time and privacy

Do

-

-

-

-

Don't

-

- Rush them or offer too much.

-

-

About our information

We want to provide the best information for people affected by stroke. That's why



How did we do?

feedback@stroke.org.uk



Accessible formats

Always get individual advice

Contact us

Stroke Helpline
From a textphone
Email
Website

We are the Stroke Association

and vital services for people affected by stroke. Join the fight against stroke now at stroke.org.uk/fundraising

Together we can conquer stroke

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