Swallow Assessments

You have been referred to Speech and Language Therapy for a swallow assessment. This leaflet provides information on what you can expect during your assessment.

**Who will carry out the swallow assessment?**

A **Speech and Language Therapist (SLT)** will carry out your assessment as they are trained in assessing and managing swallowing difficulties.

**What should I expect?**

* The SLT will ask you to do **simple exercises with your mouth** to see how the muscles are working. This will help guide the therapist in their assessment
* You will then be given something to **eat and drink**
* The therapist will **watch you swallow** and may gently **place their fingers on your** **neck** to feel your swallow. They may also use a **stethoscope** on your neck
* Following this assessment, your therapist will have a discussion with you about the **safest fluid consistency and food texture** that work best for you. This may mean that you are recommended to have modified diet or fluids
* You will receive information and **advice leaflets** following your assessment for you to take home

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**How long will the appointment last?**

Your appointment will last **45-60 minutes**. You may be invited to a follow up appointment on another date. This will be confirmed at the end of your initial session.

**Do I need to bring anything?**

You are asked to bring a **selection of food with you** to the appointment. Try and choose foods which you find difficult and some which you find easier to manage (e.g. sandwiches, biscuits, yoghurt)

**Any questions?**

Feel free to ask your therapist anything or raise any concerns you may have. There are many different ways of managing swallowing difficulties and the SLT is here to help explore what is best for you.

*Speech and Language Therapy Department: Tel 029 20743012*