

Supraglottic Swallowing Method

A problem with swallowing is called **dysphagia (dis-FAY-juh)**. The **Supraglottic Swallowing Method** and the **Super Supraglottic Swallowing Method** are ways to help you swallow food and liquid safely. These swallowing methods help close off your windpipe (airway) to prevent food or liquid from going into your lungs. Your speech therapist or doctor will talk with you about which method is best for you and how to use this method.

- Follow these steps for the **Supraglottic Swallow**:
 1. Take a deep breath and hold it.
 2. Put a small bite of food or a sip of liquid into your mouth.
 3. Swallow (keep holding your breath).
 4. Cough right after you swallow.
 5. Swallow again.
 6. Breathe.

- Follow these steps for the **Super Supraglottic Swallowing Method**:
 1. Take a deep breath and hold it tight (**bear down**).
 2. Put a small bite of food or a sip of liquid into your mouth.
 3. Swallow hard (keep holding your breath and bearing down).
 4. Cough right after you swallow.
 5. Swallow again.
 6. Breathe.

This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.