

# UC DAVIS HEALTH SYSTEM

## ASPIRATION PRECAUTIONS

- If you are taking an oral diet, follow strict diet instructions
    - See you Doctors/Speech therapists orders below
  - If you are using tube feedings, make sure the placement of your tube is correct
  - Do not take large bolus/or amounts of food at one time, check with your dietician or nurse
  - Limit night time tube feeding
  - Keep the head of your bed elevated at all times, especially after meals or tube feedings
  - Do not eat alone if possible
  - Avoid distractions when eating (like the TV)
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  - Eat sitting in a chair in an upright position, if possible
  - Keep a food diary to make sure you are eating enough and eating the right foods
  - A Dietician is available to help you with choices and information
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- Watch for coughing, choking, throat clearing or struggle during eating
    - Even subtle signs are important
    - Discuss these signs with your doctor, nurse, or speech pathologist

If you develop a cough, fever, or feel like you are getting ill contact your physician

### PRECAUTIONS WHEN EATING AT HOME

Position \_\_\_\_\_

Food types \_\_\_\_\_

Amounts \_\_\_\_\_

Food diary \_\_\_\_\_