

CHECKLIST FOR IDENTIFYING SWALLOWING PROBLEMS

Below you will find a helpful checklist which may be used if you suspect an individual may have a swallowing problem:



- More than one episode of gagging, coughing, or choking
- Gagging, coughing, or choking during or after drinking
- Difficulty managing saliva (drooling)
- “Gurgly” voice (wet voice) during or after eating/drinking
- Watery eyes during or after eating/drinking
- Frequent upper respiratory infections and/or pneumonia
- Swallows food whole
- Frequent vomiting
- Regurgitation hours after meals, particularly while reclining
- Eating rapidly
- Eats/drinks large amounts at a time
- Extra effort or difficulty chewing or swallowing
- Stores food/drink in mouth
- Loss of food/drink during or after the meal

If you have any questions, please feel free to contact Trio Rehab.

Schedule your appointment today! Call or email Shawna, Office Manager
at shawna@triorehab.com.



1022 RIVER RD, SUITE 6 | BOERNE, TX 78006
P: 830-331-8604 | E-FAX: 1 (855) 923-0869
TRIOREHAB.COM | INFO@TRIOREHAB.COM