

PATIENT INFORMATION

Regular Diet

A Guide to Safer Eating



Chewing and swallowing are actions we all take for granted. In reality these are complex but automatic processes which take place many times during the day. These actions may be affected by many different medical problems.

Problems with swallowing are known as **DYSPHAGIA**.

The advice in this leaflet will help you to eat and drink more easily and safely.

Patient's Name

Date

Speech & Language Therapist

Tel No

Your Speech and Language Therapist has advised that you can take a **regular** diet. This means normal, everyday foods of various textures.

This means that you can have foods that:

- Can be eaten using any method
- May be hard and crunchy or naturally soft
- Are not restricted in size of pieces
- Includes hard, tough, chewy, fibrous, stringy, dry, crispy, crunchy or crumbly bits
- Contains pips, seeds, pith inside skin, husks or bones

In order to eat these foods safely you are able to:

- Bite hard and soft foods and chew them for long enough to form a soft cohesive ball that is ready to swallow
- Chew all textures without tiring easily
- Remove bone or gristle from your mouth that cannot be swallowed safely

SUGGESTIONS TO MAKE EATING SAFER

Position: Make sure you are comfortable and relaxed
 Sit as upright as possible whilst eating and drinking and for 30 minutes afterwards
 Reduce distractions eg phone calls/TV when eating and drinking

Timing: Take time to enjoy your food and drink – don't rush
 Do not worry about keeping up when

eating and drinking with others
Try to eat and drink little and often -
small, frequent meals and snacks
Avoid eating and drinking when tired

Mouth Care: It is essential to keep your mouth and teeth clean

- ask your Dentist/District Nurse for advice
- make sure they are aware you have difficulty swallowing

Medication: You may need to take your usual medication in a syrup or soluble form

- ask your Doctor/Pharmacist for advice

SPECIAL ADVICE FOR YOU

Your Speech and Language Therapist will advise you if you need to adjust the thickness of drinks

REASONS TO CONTACT YOUR SPEECH AND LANGUAGE THERAPIST

- Frequent/reoccurring chest infections
- Coughing during or after eating and drinking
- Feeling of food getting stuck
- Difficulty swallowing your saliva
- Wet, gurgly voice following eating and drinking
- Tiring quickly when eating and drinking, or meals take longer than 45 minutes

- Loss of appetite or interest in food and drink
- If you are unsure about any particular foods and drinks
- Weight changes

The Speech & Language Therapy Service cannot be held responsible for how patients/clients interpret and use this resource. Always consult your GP/relevant health professional if you have any health problems, comments or queries.

CONTACT DETAILS

Southport and Ormskirk Hospital Trust

Medical and Surgical Team Speech and Language
Therapists 01704 704361
Stroke Therapy Speech and Language Therapists
01704 704940

Southport & Formby Community 01704 387215

Lancashire Care Foundation Trust
Adult Speech & Language Therapy
91 Zetland Street
Southport
PR9 9DL

West Lancashire Community 0300 247 0011

Adult Speech and Language Therapy
Hilldale
Ormskirk Hospital
Wigan Road
Ormskirk
L39 2JW

During your contact with us, it is important that you are happy with your care and treatment. Please speak to a member of staff and/or the ward/department Sister/Charge Nurse if you have questions or concerns.

MATRON

A Matron is also available during the hours of 9am to 5pm Monday to Friday. During these periods, ward/department staff can contact Matron to arrange to meet with you. Out of hours, a Senior Nurse can be contacted via the ward/department to deal with any concerns you may have.

INFECTION CONTROL REQUEST

Preventing infections is a crucial part of our patients' care. To ensure that our standards remain high our staff have regular infection prevention and control training and their practice is monitored in the workplace. We ask patients and visitors to assist us in preventing infections by cleaning their hands at regular intervals and informing staff of areas within the hospital that appear soiled.

As a patient there may be times that you are unsure whether a staff member has cleaned their hands; if in doubt please ask the staff member and they will be only too happy to put your mind at ease by cleaning their hands so that you can see them.

**Please call 01704 704714 if you need
this leaflet in an alternative format**

Southport and Ormskirk Hospital NHS Trust

Ormskirk & District General Hospital
Wigan Road, Ormskirk, L39 2AZ
Tel: (01695) 577111

Southport & Formby District General Hospital
Town Lane, Kew, Southport, PR8 6PN
Tel: (01704) 547471

FOR APPOINTMENTS

Telephone (01695) 656680
Email soh-tr.appointments@nhs.net

We would welcome your feedback about your experience
at Southport and Ormskirk Hospital NHS Trust.
Please access the Friends and Family Test at the following
link:

[https://www.southportandormskirk.nhs.uk/patients-and-
visitors/fft/](https://www.southportandormskirk.nhs.uk/patients-and-visitors/fft/)

Thank you

Author/Owner: Liz Jones
Ref: 18/32
Version: 3
Reviewed: July 2023
Next Review: July 2026