

SWALLOWING AWARENESS DAY | 13 MARCH 2024

# DIFFICULTY SWALLOWING? THINK BEFORE YOU THICKEN

If you, or someone you care for, use or are considering using thickened fluids to help you with drinking or swallowing difficulties there are a number of things to consider.

Read our patient information at [rcslt.org](https://www.rcslt.org) to find out about both the benefits and potential drawbacks of thickened fluids so you can make the right choice for yourself.

Speak to your speech and language therapist or healthcare advisor before considering making any changes to your drinks. You have a choice in the use of thickened fluids and can change your mind at any time.

**#SWALLOWAWARE2024**

**FIND OUT MORE AT [RCSLT.ORG/DYSPHAGIA](https://www.rcslt.org/dysphagia)**

