

Patient information

Aspiration following Barium swallow

- When having an investigation for your swallow, sometimes we can find the substance used for identifying direction of swallow, can go the wrong way.
- It is important you clear this to reduce the risk of an infection.
- This is usually a small amount and can be cleared easily with a cough.
- You will have been asked to cough by your radiographer if needed and encouraged to do so with deep breath exercises for the next 24hrs regularly, every 2 hours.
- Please use the below information and attached leaflet to guide this and continue to complete cycles of ACBT 2-3 times day.
- You may find this beneficial to do after meals or drinks to ensure if anything has gone the wrong way you are keeping it moving.

Active Cycle of Breathing technique (ACBT)

Breathing control = normal resting breathing

