If you are taking an oral diet, follow strict diet instructions
  o See your 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)

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

Watch for coughing, choking, throat clearing or struggle during eating
  o Even subtle signs are important
  o 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_____________________________________________