

## **Aspiration Precautions**

### **To Prevent or Minimize the Risk of Aspiration**

Never give food/fluids until swallowing screen done

Head of Bed (HOB) elevated 30 degrees for all intubated patients

Head of Bed elevated 30 degrees for all NG/Feeding tube patients

Head of Bed elevated 15 – 30 degrees for all sedated patients

No drinking straws

Give only thickened liquids

Teach patient to “chin tuck” when swallowing

Check all NG/Feeding tube placement before administering feedings

Check tube feeding residuals

If post sedation/anesthesia, check for gag reflex

If feeding patient, don't feed too quickly

- Give small bites
- Avoid distractions
- Monitor closely

Watch for coughing, choking, breathlessness, wet/gurgled voice