

## Speech and Language Therapy

### Advice to patients with voice/throat problems

This advice should be followed while you are trying to improve your throat condition and for some time after your throat has improved.

- Try to minimise vocal strain by not shouting, whispering or singing
- Avoid excessive talking over background noise, on the telephone, in dry, dusty or smoky atmospheres, when tired, unwell, or upset
- Avoid coughing or throat clearing - sip cold water, suck sugar free boiled sweets or chew gum to relieve the tickle
- Avoid smoking and passive smoking
- Limit your intake of alcoholic and caffeinated drinks which dry out the voice box
- Some people find that dairy products increase the need for throat-clearing. Try cutting down on dairy and see if this helps (if you do restrict dairy, you will need another form of calcium in your diet)
- Avoid sucking cough sweets
- Avoiding physical strain and lifting or moving of heavy objects
- Try to avoid eating late at night or before lying down



## Patient Information

It is also helpful to:

- Try to drink at least 2 litres of fluids each day - water is best
- Try daily steam inhalations - this can be done with a bowl of hot water and a towel over your head. 10 minutes a day should be sufficient.
- Take time to relax and rest your voice
- Reduce general stress levels and fatigue

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact 024 7696 6449 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

### Did we get it right?

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#### Document History

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