

PATIENT INFORMATION

How to Control Your Cough/Throat Control

1. INCREASE YOUR AWARENESS

Monitor how often you cough/throat clear and how it feels just before you do it.

2. APPLY CONTROLLING TECHNIQUES

Once you are aware how it feels, just before you cough/throat clear, apply one of the following techniques:

- Sip of water
- Sniff and then swallow
- Swallow
- Silent 'huff' then swallow

It may take you up to 20 times to have a 2 second relief from the want to clear your throat – the key is to persevere!!!

Once you have controlled it a few times, it will become much easier.

It will take a few attempts to find out which controlling technique suits you best – you may use a combination of the above.

For further assistance or to receive this information in a different format, please contact the department which created this leaflet.

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