

# Flavour Programme

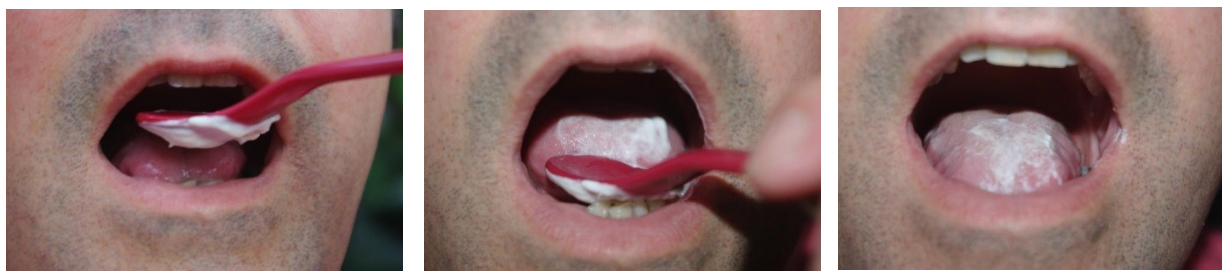
## Rationale

Some people have difficulty swallowing and food and drinks have been demonstrated to go onto the lungs instead of to the stomach. They are therefore given food and drink via an alternative method e.g. a nasogastric or a percutaneous endoscopic tube. Their mouths and tongue may become dry or sore or they may just prefer to have a different flavour in their mouths.

Giving people tastes to swallow may cause a chest infection but having a very small amount of flavour spread on the tongue may improve oral comfort and improve their quality of life.

## Programme

Dip a spoon into a liquid and wipe the BACK of the spoon over the tongue



Sometimes a slightly thicker fluid will stick to the spoon better e.g. a smoothie.

Try small amounts of lemon or grapefruit on a cotton swab or the back of a small spoon. Whilst the combination of the cold temperature and sour taste often provide greater stimulation of the oral cavity, you should always choose the flavours that the individual prefers.