

Long term habitual coughing and throat clearing

1. Steam inhalation and increase water intake. Keep up hydration and lubrication levels.
2. Monitor own throat clearing and coughing. Be aware of your own pattern and try to lessen it slightly.
3. If coughing and throat clearing has become a habit, set increased periods of time where you try to stop yourself.
4. Explore alternatives to coughing and throat clearing:
 - a. Swallow twice – the first may squeeze the mucous up from the vocal folds – the second will move it down to the stomach.
 - b. Yawn and swallow.
 - c. Do a quiet, downward pitched 'mmm' sound and swallow.
 - d. Open the throat in a wide silent yawn and then forcefully 'huff' the air out by a strong contraction of the stomach muscles.
 - e. Hold your breath and deliberately tighten your throat area, then swallow.
5. As a last resort, cough and throat clear as gently as possible.

If you have any questions regarding this information please contact the Speech & Language Therapy Team on **0151 604 7271** or email **wchc.salt@nhs.net**

If you would like this information in another format or language, please contact the Your Experience Team on freephone 0800 694 5530. Alternatively you can email wcnt.yourexperience@nhs.net

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