



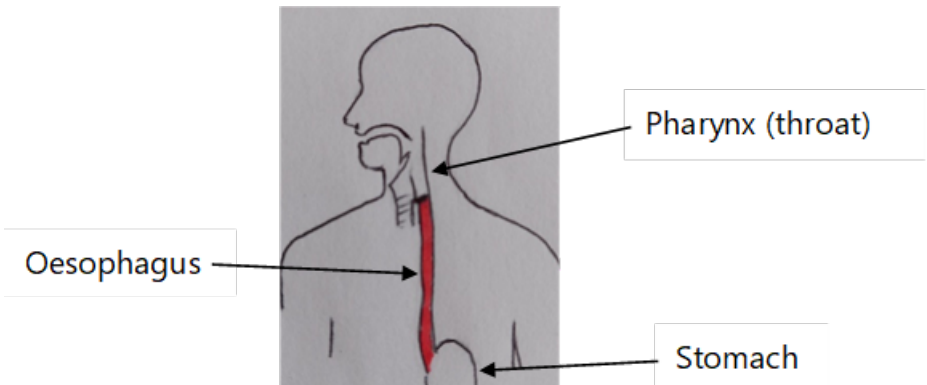
Adult Speech and Language Therapy

Oesophageal Dysphagia

Please be advised that oesophageal dysphagia is not part of the Speech and Language Therapy service and falls under Gastroenterology. If you have further concerns about oesophageal dysphagia or the cause has not been investigated, please contact your GP.

What is oesophageal dysphagia?

Dysphagia is a swallowing difficulty. Oesophageal dysphagia affects the food pipe (oesophagus), meaning food does not move smoothly into/through the oesophagus to the stomach.



Symptoms

- i** The feeling of food sticking or building up uncomfortably during or after eating.
- i** Regurgitation (food coming back up) or burning sensation (acid reflux).
- i** Indigestion.
- i** Persistent irritable cough or need to clear your throat.
- i** Bad breath and/or unpleasant taste in the mouth.

- i** Weight loss.

Mealtime strategies to manage symptoms

- i** Consider soft or blended foods which pass down the oesophagus more easily.
- i** Add extra sauces or moisture to dry foods.
- i** Take small mouthfuls and chew well.
- i** Eat at a slowly to allow food time to work its way down.
- i** Sip drinks between mouthfuls to wash food down.
- i** Take a break from eating if food comes back up.
- i** Try eating smaller meals more frequently.
- i** Avoid lying down after eating.
- i** Follow any reflux advice from your GP/Healthcare professional. If you have acid reflux symptoms and have not been given advice, consult your GP.

Please note, the above strategies may help manage the symptoms but will not treat the underlying problem.

If your symptoms are ongoing or worsen, please speak to your GP as they are the best placed to support you. Next steps may involve a referral for further investigations and discussion of surgical treatment options if appropriate.

Accessibility

Patient information leaflets are available on our website:
www.oxfordhealth.nhs.uk/leaflets

Get in touch

Address Oxford Health NHS Foundation Trust
 Trust Headquarters
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 Sandford Road, Oxford OX4 4XN

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Email enquiries@oxfordhealth.nhs.uk

Website www.oxfordhealth.nhs.uk

Feedback

Our Patient Advice and Liaison Service (PALS) provides advice and support to patients, families, and carers, helping to resolve any problems, concerns, or complaints you may have.

Phone 0800 328 7971

Email PALS@oxfordhealth.nhs.uk

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