

Name MRN Patient Identification	VCU Health System MCV Hospitals and Physicians Richmond, Virginia 23298 Stroke Care Plan Aspiration Precautions
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1. **First meal given to patient should be observed by a nurse or other qualified care provider.**
2. **If patient has any difficulty swallowing during meal, make NPO.**
3. **Have the patient in an upright position while eating or drinking.**
4. **Keep patient in an upright position at least 30 minutes after eating or drinking.**
5. **Have patient eat slowly and take small bites of food and chew well before swallowing.**
6. **Have patient take small sips of liquid.**
7. **No straws for drinking liquids.**
8. **Minimize distractions while patient is eating or drinking.**
9. **Provide good mouth care.**
10. **Have bedside suction equipment available at all times.**
11. **Consult physician for signs or symptoms of aspiration pneumonia.**