



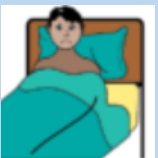
Eating and Drinking during Last Days of Life



Managing Eating and Drinking



It is okay if people don't want to eat or drink in the last days of their life



If someone wants to eat and drink, they should be awake and sat upright



You should offer teaspoons of food and drink



Smooth foods are easier to swallow, like custard, jelly and yogurts



If someone starts to cough on food or drink you should stop and contact the GP



Someone should stay with the person who is eating or drinking

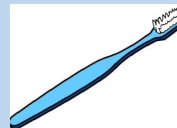
Taking Care of your Mouth



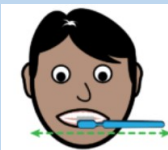
A mouth can get very sore when someone does not eat or drink much



Keeping the mouth clean is important



You can use a soft toothbrush to stop lips getting dry and apply lip balm



Its important to brush teeth twice every day so your gums don't get sore



Dentures might not be comfortable anymore



You can get mouth gels from the pharmacy or doctor

help

help

If you need help please contact your GP or district nurse