

# Aspiration

# Signs & Symptoms

*Aspiration is when food or liquid enters the airway. It can cause serious medical issues, including pneumonia.*

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- Coughing after eating or drinking
- Clearing your throat after eating or drinking
- Wet or gurgly sounding voice after eating or drinking
- Recurrent sore throat
- Feeling that food is stuck in your throat after swallowing
- Chest congestion
- Difficulty breathing
- Shortness of breath
- Fever starting 30-60 minutes after eating (Cedars-Sinai, 2021)