



# Frazier Free Water Protocol

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## HEALTH EDUCATION

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When you have a swallowing disorder, you are at risk of developing “aspiration pneumonia.” This type of pneumonia can occur if food or liquid gets into the lungs.

“Thick liquids” are often recommended to help manage swallowing disorders. Adding thickness to liquids can make swallowing them safer. Although it is safer, we know that patients who need thick liquids often fail to drink enough during the day. When you don’t drink enough, dehydration can become an issue.

Your doctor has ordered the **Frazier Free Water Protocol** for you. In this program, you will be allowed drink “free” (un-thickened) water. When provided along with **good mouth care**, water does not increase the risk for developing aspiration pneumonia.

While on the Frazier Free Water Protocol, you can expect the following things:

- There will be a purple dot on your wheelchair tag and a sign will be placed on your bedside table to remind all team members.
- You must do mouth care during morning grooming, before and after meals and snacks, before drinking water, and during evening grooming. Mouth care consists of brushing and then rinsing with Perox-a-Mint, a peroxide-based mouthwash.
- You will be allowed to drink water anytime before meals and 30 minutes after a meal. If you are not allowed meals, you can drink water at any time.
- **Never** take your medication with water. You must take medications in pudding, applesauce, or thickened liquid. If you are not allowed to eat or drink, you will receive medications through your feeding tube.
- Continue to use compensatory strategies that your speech therapist has recommended while eating or drinking such as using a chin tuck or not using a straw.
- You must drink thick liquids during meal or snack time.
- Under certain conditions, you may drink water only under direct supervision. You will be told if this is the case.

If at any time you have questions about the Frazier Free Water Protocol, please contact your Speech-Language Pathologist.