

# Adult Speech-Language Pathology Outpatient Swallowing Services in Winnipeg

## Information for Patients & Clients

If you have new or ongoing concerns about your swallowing, speak to your primary care provider (e.g. family doctor, nurse practitioner) about being referred for an outpatient swallowing assessment.

**Outpatient Swallowing Services:** Speech-Language Pathologists perform swallowing assessments in a variety of clinics in the Winnipeg area. For services outside of Winnipeg, referrals can be made to the respective health region.

**\*Seek immediate medical advice** if there are severe or sudden swallowing changes, such as:

- Not able to swallow at all, or can only swallow very small amounts in a day.
- Food or liquid often goes down the “wrong tube” (aspiration). This usually results in coughing or throat clearing when swallowing. It can also cause a wet voice quality during eating and drinking.
- Suspected aspiration pneumonia (chest congestion, increased temperature/fever, difficulty breathing).

**\*If you need immediate medical attention that cannot wait until a visit with your family doctor, these services are available 24 hours a day:**

**Urgent Care Centres** are for symptoms such as fevers, flu symptoms, rashes, infections or any other urgent but non-life-threatening conditions. Urgent care centres are located at:

- Concordia Hospital
- Seven Oaks General Hospital
- Victoria Hospital

**Call 911 or go to an Emergency Department** for symptoms such as heart attacks, severe difficulty breathing, unconsciousness, signs of serious infection, or other life-threatening issues. Emergency departments are located at:

- Health Sciences Centre
- St Boniface Hospital
- Grace Hospital

**Call Health Links** if you are unsure what to do about a health issue or if you need health information at 204-788-8200 or toll-free 1-888-315-9257.