

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.