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Sip/Swallow Technique for Throat Clearing

1. When the “tickle” arises in your throat take a sip of water and swallow.
2. Then immediately swallow a second time (without water) but with your chin tucked down.
3. Carry water with you all the time.
4. If you feel yourself starting to clear your throat, immediately try to replace the cough with a sip of water and two swallows.
5. Try to slowly ignore the “tickle” you feel in your throat for longer and longer periods.

Adapted from paper by Florence B. Blager, Ph.D, National Jewish Medical and Research Center, Denver, CO.