

# Aspiration factsheet

**Aspiration occurs when food or liquid/s go down the wrong pipe and enters the airway and lungs rather than the food pipe.**

**This can cause infections, blockages and difficulties with breathing.**

**Common signs include:**

-  Coughing or choking shortly after eating or drinking
-  Frequent colds and infections, including bronchitis
-  Wet or congested vocal quality, including a husky voice
-  Difficulty breathing or breathing too fast

**If your child or baby is experiencing these symptoms, please see your GP or specialist for a Speech Pathologist feeding referral.**



Content creation: Parent Advisory Group for Children with Aspiration  
Design: Gold Coast Health Media Office

## Metro North Health's vision

Creating healthier futures together—where innovation and research meets compassionate care and community voices shape our services.