

# Patient information Leaflet

## Speech & Language Therapy Service (Adults)

For patients referred from  
The ENT Department

Derriford Hospital  
Derriford Road  
Plymouth  
PL6 8DH  
Tel: 01752 202082

[www.plymouthhospitals.uk](http://www.plymouthhospitals.uk)



Today the Ear Nose and Throat (ENT) doctor has examined you and referred you to the Voice Clinic within the Speech and Language Therapy Department.

Speech & Language Therapists generally assess and treat a wide variety of communication disorders. However, the therapists within the **Voice Clinic** specialise in working with people who:

- Are having problems with their voice
- Have lost their voices completely
- Have Globus Pharyngeus, cough, or a problem swallowing.

### **What will happen on your first appointment?**

Your appointment will last for 30 minutes-1 hour.

The Speech & Language Therapist will assess various aspects of your voice and will ask you questions about your voice problem and how it affects you and your life. The Speech & Language Therapist will determine the nature of the problem and will then:

- Explain how the voice works.
- Discuss the factors that affect your voice.
- Offer you a course of therapy specifically suited to your particular needs and/or give you practical advice.

You will be expected to take an active part in your therapy which will involve some participation from you between appointments. We find most people will need 2 – 4 appointments.

## **What happens next?**

When the Speech and Language Department receive your referral from ENT you will be sent a letter inviting you to call to make an appointment.

You can start to help your voice before you attend your first appointment by:

- avoiding throat clearing/coughing if possible
- drinking up to 2 litres of water/squash/juice a day
- decreasing vocal volume wherever you can

We look forward to hearing from you.

**This leaflet is available in large print and  
other formats and languages.  
Contact: Administrator  
Tel. 01752 439826**

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