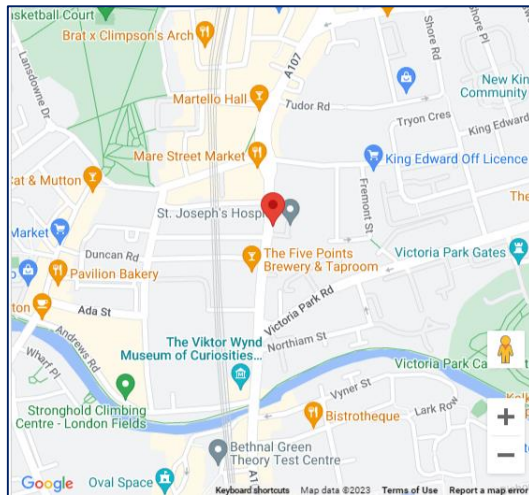




To find out more call
0300 30 30 400.



Or you can email
stjosephs.firstcontact@nhs.net



**You can get the bus to the Hospice
D6, 26, 55, 106, 254 or 388 bus**

St Joseph's Hospice, Mare Street, London E8 4SA
020 8525 6000 info@stjh.org.uk
stjh.org.uk @stjohospice
Advocacy Compassion Justice Quality Respect
Charity No. 1113125



**St Joseph's
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Eating and drinking in the last days of life



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We don't always know when someone is nearly at the end of life.



The person may spend more time sleeping. They may not want to eat or drink.



You can offer drinks unless you are told it isn't safe. Sometimes it is easier to suck a a lolly or crushed ice.



You can use a small sponge soaked in cold water or a favourite drink. It will help to keep the lips and tongue wet.

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There are also special saliva sprays and gels that may be used.



Good mouth care is very important for giving comfort.



The doctors and nurses will decide if a person needs a drip. It can make things worse so we might stop it.



Try not to worry. The person will not suffer if they don't eat or drink.