ST. FRANCIS 24/7 CALL CENTER: (321) 269-4240

St. Francis REFLECTIONS® Hospice
Established 1977 • Licensed 1990

Hiccups

Hiccups are involuntary contractions of the diaphragm, often caused by gastrointestinal disturbances, certain medications, or irritation of the diaphragm.

Common signs and symptoms to monitor for:

- Recurrent, involuntary 'hic' sound
- Discomfort in the chest or throat
- Interruptions in breathing patterns

Tips for Hiccup Management:

- Encourage slow, deep breathing.
- Try sipping cold water slowly or swallowing a teaspoon of sugar.
- Use medications such as muscle relaxants or antispasmodics if prescribed.
- Avoid large meals or carbonated beverages that may trigger hiccups.

Record and Report to St. Francis:

- Report if hiccups persist for more than 48 hours
- Cause significant discomfort
- Interfere with eating, drinking, or sleep
- Any triggering factors (i.e. certain foods, medications etc.)

St. Francis Reflections is always available to assist with any questions or concerns 24/7

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