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**Primary care management guidelines**

**Feeling of Something Stuck in the Throat**

Feeling of something stuck in the throat



No

Yes

If new

symptoms develop

**If the patient has any of the following:**

* **Smoking/alcohol history**
* **Significant referred Otalgia**
* **Dysphagia**
* **Hoarseness (see hoarseness pathway)**
* **Stridor**
* **Persistently unilateral symptoms**
* **Abnormal neck examination e.g. enlarged nodes**

Are symptoms:

* Noticed between rather than during meals?
* Not aggravated by swallowing food?
* Noticed at midline or suprasternal notch?
* Intermittent?

On physical examination, does the patient have:

* Normal oral cavity, head and neck examination?
* No pain?
* Normal voice quality?

Refer to ENT.

Use clinical judgement to determine the urgency of referral

* Reassure the patient, no further intervention
* Advise the patient to return if they develop any new symptoms
* Trial of PPI (Proton Pump Inhibitor) and Gaviscon

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