

Swallowing Difficulty

August 2, 2022

You have trouble swallowing solids (50 percent) or liquids (50 percent).

If solids, when you eat, you need your food ground up or cut very small, or you must succeed on a DC 8 + (IE) Constitution saving throw or begin choking.

If liquids, you need to add a thickener like corn starch to anything you drink so you don't aspirate or get Pneumonia. This takes 1 action to add it and mix, and drinking a thickened potion takes 2 rounds. If you drink a liquid without thickening, you must succeed on a DC 8 + (IE) Constitution saving throw or begin choking, and every time you fail, you must succeed on an additional DC 8 + (IE) Constitution saving throw or contract [Pneumonia](#).

Real-world Examples

Achalasia, Esophageal Stricture, Scleroderma, Multiple Sclerosis, Muscular Dystrophy, Parkinson's Disease

Assistive Options

Assistance comes in the form of the aforementioned manipulation of food to make it safe to consume.

Magical Assistance

The [Goodberry](#) spell can be modified to produce a liquid form.