

# expectorate *(ex-pec-to-rate)*

## Definition

v. to cough up and spit out phlegm from the throat or lungs.

## Example Sentence

He needs to **expectorate** the phlegm from his lungs.

## More Example Sentences

He had to **expectorate** during his illness.

## Synonyms

spit; cough; clear

## Antonyms

swallow

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