

VIDEOFLUOROSCOPY EXAMINATION

Your doctor has referred you for a video fluoroscopic examination of your swallowing. This means that a video X-Ray is going to be taken of how you eat and drink.

There is no need to make any special preparations. You can eat and drink normally before your test.

Out patients, who are not known to the department, will be seen for an appointment with the speech and language therapist prior to the x-ray.

There will be 2 speech and language therapists and a radiographer present during the examination. As this is a teaching hospital there may be students present.

Why Have I Been Referred?

You may be having some of the following symptoms:

- Coughing on liquids and/or solids.
- Frequent chest infections
- Meals taking a long time.
- Discomfort in your throat while eating.
- Inability to eat certain foods such as meat, crumbly dry food.

What Will the X-Ray Show?

The video X-Ray of your swallow will show us a moving picture of your swallowing. It will show us:

- How you are managing food in your mouth, such as whether you can chew effectively and how your tongue moves food and drink around the mouth.
- How well you manage to swallow food and drink- does anything get stuck in your throat, if so where and what can be done to help you.
- If any food and drink goes into your lungs instead of your food pipe.
- The safest foods you can eat and any techniques that will help you to swallow safely.

During The procedure

- The X- ray department will provide you with a gown to protect your clothes from spillages.
- You will be given various consistencies to eat and drink mixed with barium. We use thin liquid, puree consistency, semi-solid and biscuit. It may be that with your

particular problem you may find some of the consistencies more difficult than others. It may therefore be necessary to modify what we give you.

- You may look at the screen and see what is happening when you swallow. The therapist will explain to you what is happening - please do ask questions.
- The therapist may ask you to try various techniques to see if that helps with your swallowing, such as changing head position.
- The examination will usually take no more than half an hour.

Following the procedure

- If you are an in-patient the speech and language therapist and/or the medical team will discuss the results with you as soon as they are known. A report will be written and included in your medical notes.
- Out-patients will have a further appointment booked to discuss results. This may not be done immediately after the x-ray as the film will need to be viewed later to get a clear picture of what is happening. We will liaise with your referring doctor to decide on the best management plan for you. A written report will be sent to you and your doctor.