

Additional cautions

- If you are asthmatic please bring your inhaler with you
- One of the contrasts we use for videofluoroscopy contains a small percentage of alcohol. Please tell your Speech and Language Therapist if you do not want to them to use it.

Are there any alternatives to having a videofluoroscopy?

There is no other test available as detailed as this one to help the Speech and Language Therapist examine your swallow.

Where will my Videofluoroscopy take place?

Your videofluoroscopy will take place in the X-ray department of the hospital stated on your appointment letter.

How do I prepare for the Videofluoroscopy?

- You can eat and drink before the videofluoroscopy but remember you must follow any eating instructions that your Speech and Language Therapist has already given you
- If you are fed through a tube then continue this before the videofluoroscopy
- It is important that you take all your medication as usual
- Please remove all neck jewellery and earrings before attending
- Avoid wearing tops with zips or metal studs near the neck as it may block the view of the X-Ray.

Who will be present?

- Two Specialist Speech and Language Therapists
- One Radiographer
- There may be other health professionals present to observe or assist with the clinic
- There may be students present - we will ask you are happy for them to stay during your examination.

What happens during a Videofluoroscopy?

- Videofluoroscopy takes around 15-20 minutes
- We will ask you to sit beside the X-Ray machine
- We will give you small amounts of suitable foods and drinks to swallow
- We will record X-Ray images as you swallow and the Speech and Language Therapist will examine what is happening in your mouth and throat
- We may ask you to try different swallowing positions if appropriate.

What happens after the Videofluoroscopy?

- We will give you some information about your swallowing immediately after the videofluoroscopy
- We may show you the images if you wish and there is enough time
- Your swallowing advice may change immediately as a result of the videofluoroscopy
- The Speech and Language Therapist will write a report about what they see
- They will send the report to your referring Speech and Language Therapist who may also decide if there are any changes to your swallowing advice

- We save the images to a national database to allow relevant medical staff to see them if necessary
- Please tell your Speech and Language Therapist if you do not want your images to be used for training or audit purposes.

Any questions?

If you have any questions please phone the Speech and Language Therapy Department on:

possible to make sure the risk to your health is minimal. The examination will only take place if the benefit of the examination outweighs the radiation risk. Please tell the Radiographer on the day if you are pregnant or might be pregnant.

- **Aspiration** - There is a small risk that you may aspirate (when food fluid goes into the lungs) during the examination. This may make you cough. We will keep the risk to a minimum by using small quantities of food and drink and will closely monitor you during this examination.
- **Allergies and medical risk** – Contrast mediums are special substances which we add to the food and drink that we use in the clinic so that they show up on the X-Ray. We use Gastromiro and Barium powder. Some people are allergic to the ingredients in contrast mediums. Therefore your Speech and Language Therapist will have checked if you have had any previous allergic reactions.
With certain medical conditions and medications it is best to avoid using Gastromiro.
We will make a decision about the most appropriate contrast medium to use based on your medical and allergy history. Your Speech and Language Therapist will have discussed this with you - **please tell the therapist in the clinic of any changes to your allergies and medication.**
Barium can cause a little constipation but you can avoid this by drinking plenty of fluids for the rest of the day.
Please remember we would not recommend videofluoroscopy for you if the benefits did not outweigh any risks.

You have been asked to attend for a videofluoroscopy examination of your swallow.

This leaflet explains the

- » benefits, risks and alternatives of the procedure to help you decide if you would like to go ahead with the appointment and
- » what to expect when you come to the hospital.

What is a Videofluoroscopy?

A videofluoroscopy is a swallow assessment that uses moving X-rays to study what happens to food and drink when you swallow.

What are the benefits of having a Videofluoroscopy?

- It gives the Speech and Language Therapist more information about your swallow to help identify if you have any problems with eating and drinking
- It can help decide what may be the safest consistencies for you to eat and drink
- It may identify whether any strategies or head positions can help you swallow
- It also may identify if we can suggest any exercises to help improve your swallow
- It can advise the Speech and Language Therapist of the reason for any difficulty producing your voice after surgery to your throat or voice box.

Are there any risks with having a Videofluoroscopy?

- Radiation – the radiation dose for this examination is small and the radiology staff keep the dose as low as

Notes:

Acute Services Division



Information about ...

Videofluoroscopy of Swallow

Speech and Language Therapy Department NHS GG&C
March 2017 Review Date: October 2022

