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## Speech and Language Therapy

# Videofluoroscopy (x-ray examination of swallowing)

You have been given an appointment for a Videofluoroscopy assessment which is a moving x-ray to look at swallowing. This is an assessment co-ordinated by the Speech and Language Therapist and run jointly with a second Speech and Language Therapist, Radiographer and Radiologist. This information sheet provides you with some information about the procedure.

### **Why have I been given an appointment for Videofluoroscopy?**

You have been referred to the Speech and Language Therapy department because you have had some difficulties swallowing. It may also be because you have had surgery or other treatment that may affect your swallowing. The Speech and Language Therapists are trained to assess and treat swallowing problems. The Videofluoroscopy assessment enables the Speech and Language Therapist to examine your swallowing in detail. It also enables us to try different foods/drinks and/or different techniques if appropriate to help you swallow more effectively.

### **Can I eat before my appointment?**

Unless you have been advised otherwise, you can eat and drink as normal before your appointment. If you are currently feeding through a tube, you can take your feeds as normal up until your appointment time.

### **What happens during the Videofluoroscopy?**

The procedure is conducted by the Speech and Language Therapist. In some cases other Speech and Language Therapists may be present. It usually takes 10 to 25 minutes and is carried out in the x-ray suite. This is a non-invasive procedure.

You will be seated in the x-ray suite while we adjust the x-ray machine around you. The Speech and Language Therapist will then give you different consistencies to eat and drink which contain barium. Barium is used to make the food and liquid show up on the x-ray. The x-ray will run while you swallow to enable the Speech and Language Therapist to see

what happens in your mouth and throat. This is taped on video so that the Speech and Language Therapist can analyse it at a later time.

## **How long will it take?**

The procedure takes approximately 10 to 25 minutes. Although the clinic generally runs on time, you may experience a small delay. Your patience in these circumstances would be appreciated.

## **What happens afterwards?**

You can return to the ward or go home immediately after the appointment as there are no side effects from the procedure. If appropriate, a follow-up appointment will be made for you to see the Speech and Language Therapist. This is to discuss the results in more detail and to give you further advice and/or exercises to make your swallowing easier.

## **When will I know the results?**

The Speech and Language Therapist will be able to give you some basic information and advice immediately after the procedure. However, detailed results will only be available when a detailed report has been written. The report is written by the Speech and Language Therapist after viewing the videotape. The report will be sent to the Speech and Language Therapist or Consultant who referred you to the clinic, and a copy will be placed in your medical notes.

## **Is the procedure safe?**

The procedure is completely safe. It is non-invasive and will cause you no discomfort. Exposure to radiation is minimal but female patients should let staff know if they are/might be pregnant.

Due to your swallowing difficulties there is a risk that some of the barium coated food/drink may go the 'wrong way' into your lungs. On rare occasions this is a significant risk and therefore appropriate medical attention is sort.

## **Teaching Consent form**

As you know, Addenbrooke's is a teaching hospital and the Speech and Language Therapy department is committed to teaching and training both Speech and Language Therapy students and other disciplines. The video of your assessment may be useful for this purpose. If you are happy for your Videofluoroscopy to be used for teaching purposes please sign the 'Teaching Consent Form' attached and bring the completed form to your appointment.

If you have any questions about the procedure, you can either speak to the staff when you attend for your Videofluoroscopy appointment, or you can call the Speech and Language Therapist on 01223 216200 (Monday to Friday).

Please ask if you require this information in other languages, large print or audio format: 01223 216032 or [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

Potete chiedere di ottenere queste informazioni in altre lingue, in stampato grande o in audiocassetta.

## Italian

若你需要本信息的繁體中文、大字體或音訊格式的版本，請要求索取。

## Cantonese

તમને આ માહિતી બીજી ભાષાઓમાં, મોટા અક્ષરોમાં અથવા સાંભળી શકાય એવા માધ્યમ (ઓડીઓ ફોર્મેટ)માં જોઈતી હોય તો કૃપા કરીને પૂછો.

## Gujarati

تکایہ پرسیاریکہ نہ گہر نہ وزانیاریہت دہوی بہ زمانیکی تر . بہ پیتی گہورہ یانیش بہ شیوہی دہنگ

## Kurdish

اگر آپ کو یہ معلومات دوسری زبانوں میں، بڑے الفاظ کی اشاعت میں یا آڈیو ٹیپ پروکارہوں تو براۓ مہربانی اس کیلئے درخواست کریں۔

## Urdu



Addenbrooke's is smoke-free. Please do not smoke anywhere on the site.  
For advice on quitting, contact your GP or the NHS smoking helpline free, 0800 169 0 169

## Document history

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