

Videofluoroscopic Swallow Study

General Information

A videofluoroscopic swallow study is an X-ray that is taken while you eat and drink.

The test is like a movie, or video, that takes moving pictures of food and liquid as you swallow them.

The study can help your health care provider find the reason(s) for your swallowing problems. You may bring a family member to watch the test. The test is painless and takes about 15 to 30 minutes.

Before the Exam

- Please follow any instructions you received from your health care provider.
- You may eat, drink and take your medicines as usual, unless your health care provider gives you other instructions.
- **Tell the technologist if you:**
 - have an allergy to contrast media (X-ray contrast)
 - are pregnant.

During the Exam

- A speech pathologist, radiologist and technologist will do this exam.
- You will be sitting in a chair.
- You will take small bites or sips of flavored barium that is the same consistency as the foods and liquids you usually eat and drink.

Your Appointment

Location: _____

Date: _____

Time: _____ a.m. / p.m.

Please plan to spend at least _____ minutes / hours at the facility.

Phone number: _____

If you need to cancel or reschedule, please call at least 24 hours before your scheduled appointment.

- The liquid barium consistencies will be like drinking water, juice and honey.
- The bites of barium will be like eating pudding, paste and a cookie.
- The barium highlights the path the food and liquids take from your lips through your throat. This lets the speech-language pathologist see where the food and liquid goes when you swallow.
- The speech-language pathologist may ask you to move your head or neck as you swallow to see how changes in position can affect your swallowing.
- Your swallowing X-ray will be recorded on videotape.

(over)

After the Exam

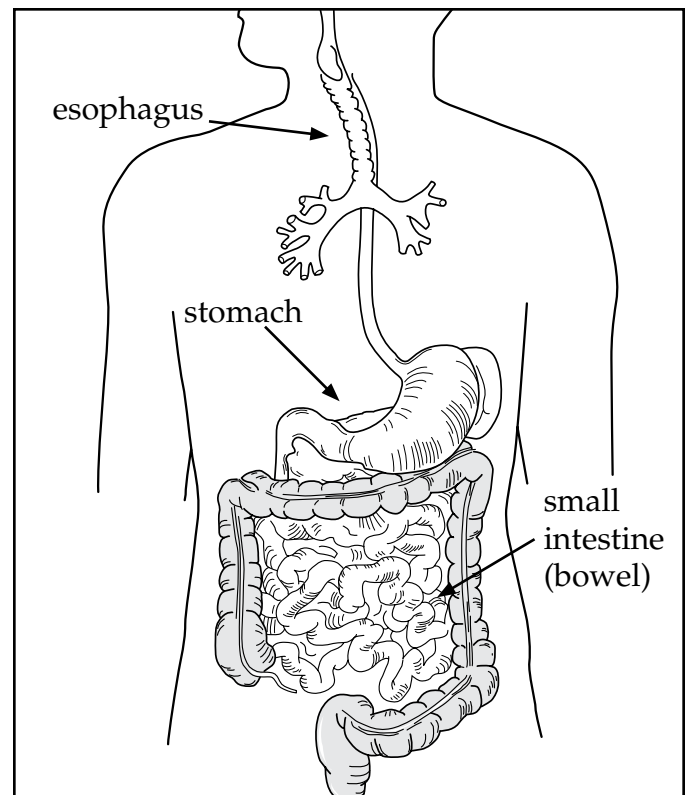
- The speech-language pathologist will review the results with you right after the exam. A full report will be sent to your health care provider.
- Barium may cause constipation. If you are able — and if your health care provider says OK — drink 8 to 10 glasses of water each day for the next 4 days. You may also take a laxative (such as milk of magnesia) if allowed by your health care provider.

Follow-up Results

- Your health care provider will receive the results of your exam. He or she will either talk with you about the results or mail you the results.

Possible Treatments

- Your health care provider may want you to see a speech-language pathologist if you have a swallowing problem.
- If you need therapy, the speech-language pathologist will design a treatment plan for you. This plan may include:
 - changing your diet to reduce the risk of aspiration (when food and fluids get into your lungs) and promote good nutrition
 - teaching you exercises that may help you drink liquids or eat solid food safely
 - suggesting foods and liquids you can safely swallow
 - suggesting body positions that will help your swallowing
 - teaching you exercises to strengthen weakened swallowing muscles.



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Your health care provider will take X-rays while you swallow food and beverages.