

## Videofluoroscopy by the Speech and Language Therapy Department

You (or your relative) have been referred for a videofluoroscopy investigation.

### What is it?

It is a technique used to gain more information about swallowing problems.

You will already have had at least one clinical 'bedside' swallowing assessment conducted by a Speech and Language Therapist.

The assessment process for videofluoroscopy is very similar, but a moving x-ray video of your head and neck is produced whilst you swallow.

### What happens?

The procedure itself takes about 15 minutes. You will either stand up or sit in a chair (or your own wheelchair).

You will be asked to swallow small amounts of food and fluids of different consistencies, just like in your previous swallowing assessment(s).

For videofluoroscopy, barium will be added to the food/fluids so that they show up on the x-ray video. The barium is not unpleasant to taste but it does leave a temporary white coating on your lips and mouth!

If you want to, you may be able to see your images after the procedure if time allows. Alternatively, this could be done with your Speech and Language Therapist at a later date.

The Speech and Language Therapist will discuss the findings and recommendations with you during and after the procedure.

A report will be written; you may request a copy if you wish.

### Note:

- There is no need to stop eating or drinking before the investigation.
- You will not need to undress or change for the investigation.

### Why do I need it?

1. To look for possible aspiration i.e. food/fluid entering the airway.
2. To see if certain foods or fluid consistencies are easier to swallow than others.
3. To see if altering your head or body posture makes swallowing easier.
4. To find out the amount of food/fluid that can be swallowed safely at each mouthful.

### Where do I have to go?

#### Medical Imaging (x-ray) Department

Area M, Level 1

Royal Devon & Exeter Hospital (Wonford)

Please report to Medical Imaging (x-ray) Reception 10 minutes before the time of your appointment.

### Who will be there?

- Your Speech and Language Therapist and one Speech and Language Therapist from the RD&E.
- A Radiographer
- The Consultant Radiologist will be available if needed.

*If you have any other questions, please ask your  
Speech and Language Therapist or contact the  
RD&E Speech and Language Therapy Department  
on **01392 402489**.*

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