

**FOR MORE INFORMATION CONTACT:**

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## What happens after the videofluoroscopy?

Your x-ray will be recorded on video and reviewed by your Speech Pathologist performing the assessment.

Your Speech Pathologist will go through the results with you and recommend the safest types of food and drink to swallow, in addition to any strategies that may help.

A report will be provided to your doctor.

### My Speech Pathologist is:

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### Appointment:

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## Videofluoroscopy

### Assessment of swallowing

Speech Pathology Department

## What is a videofluoroscopy?

A videofluoroscopy is a moving x-ray of your swallowing. It allows your Speech Pathologist to see what is happening in your mouth and throat when you eat and drink.

A videofluoroscopy can help determine:

- if any food or drink sticks when you swallow
- if any food or drink 'goes down the wrong way' towards your lungs
- what types of food and drink are safest for you to have
- any strategies that may help with your swallowing

## Who needs a videofluoroscopy?

A videofluoroscopy is helpful when more information is needed to work out why a person is having swallowing difficulties.

It is a useful test if a person:

- has had repeated chest infections that may be caused by difficulty eating and drinking
- coughs or chokes while eating and drinking
- complains of food or fluid sticking in their throat
- needs to trial swallowing strategies to see which food and fluid consistency is most beneficial.

## What happens during a videofluoroscopy?

You will be seated in a chair with the X-ray machine in front or at the side of your face and neck.

The x-ray is painless and the time of exposure is limited and presents no significant risk to you.

You will be given small amounts of food and drink such as puree fruit, bread, water and thickened orange juice. A small amount of barium powder is added so that the food and drink is visible on the X-ray. The barium has a mildly chalky taste and this small amount is not harmful to you.

The time taken will be between 10-30 minutes.