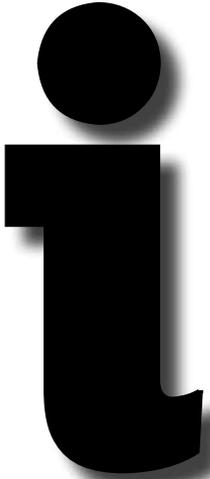


# Videofluoroscopy *(page 1 of 2)*



If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: [customer-care@salisbury.nhs.uk](mailto:customer-care@salisbury.nhs.uk)

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

If you are unhappy with the advice you have been given by your GP, consultant, or another healthcare professional, you may ask for a second (or further) opinion.

The evidence used in the preparation of this leaflet is available on request. Please email: [patient.information@salisbury.nhs.uk](mailto:patient.information@salisbury.nhs.uk) if you would like a reference list.

**Please note that this examination involves the use of X-rays. If you or your carer are, or may be pregnant, please phone the Radiology Department for advice**

You have been advised to have a videofluoroscopy. This leaflet has been written to give you more information about it. We hope it will answer any questions you might have. If it does not answer all your questions, please phone the Radiology Department for help and further advice.

## What is a videofluoroscopy/video swallow?

It is a painless examination of your swallowing that is recorded. It is used to examine people who have a range of problems from a feeling of a lump in the throat to severe difficulty with swallowing.

## What are the risks of this examination?

- If you have an abnormal swallow, the liquid may enter your windpipe. This will make you cough but will not harm you.
- The X-ray dose for the examination is very small. It is about the same as an average person receives from background radiation over 16 months.
- You should tell us if you are pregnant or think you might be pregnant.

There are no alternatives to this examination.

## How long does the examination take?

It takes about 15 minutes.

## What will happen to me during the examination?

- We will watch you swallow by using an X-ray machine and giving you a special thick liquid to drink.
- You will be put into a suitable position for the examination. This might mean you have to stand for the time the examination takes. Don't worry if you find standing difficult, the department has a special wheelchair and if it is hard for you to transfer from your own wheelchair into ours, we can do the test from your chair.
- You will be asked to swallow liquids and foods, which show up on X-ray. They often contain barium and range from a thin milk-like fluid to thick custard. Sometimes you may be given a barium biscuit or a marshmallow. We have alternatives for patients with Coeliac Disease.

**Radiology Department**  
**01722 429196**

The results of your swallow will help to show:

- if you have swallowing problems
- the cause of your problems
- how you may be helped.

## **What do I need to do on the day of the examination?**

On the day of the examination the only thing you need to do is turn up for your test. You don't need to do anything special. You can eat and drink as you usually do.

If you have a carer, please encourage them to come with you. It is important for them to understand everything and they will be told what changes, if any, to make to your diet.

## **What happens after the procedure?**

The team that has performed your examination will look at the recording. They will make sure that all the information they need has been recorded. Then they will talk to you. If your family and your carer are with you they will talk to them as well.

You may need to have the examination again at a later date to see if there has been any change with your swallowing.

## **What happens to the Barium I have swallowed?**

Barium is harmless and will pass out of the body in your stools. For one or two days after the examination, when you have your bowels open, your stools will be much lighter in colour. You may find that you are constipated. Extra fibre and fruit in your diet will help to solve this problem.

## **Who will be involved with my examination?**

Speech and Language Therapists will look at the recording of your swallowing problems, diagnose the cause of your swallowing difficulty and advise on how your problem can be treated and improved. They may then provide the treatment for you at a later date.

A radiographer will also be present. They will look after you, put you in the correct position and give you the different mixtures to swallow.

## **Further questions?**

Thank you for taking the time to read this leaflet. If you have any questions or would like more information, please contact us.