

## What do you do with the x-rays?

The images are saved electronically and kept securely with your hospital records for eight years.

The hospital Speech and Language Therapist will study the images made during the examination and will produce a report which will be copied to your doctors and your Speech and Language Therapist. Your Speech and Language Therapist will discuss the findings with you either directly after the examination or during a follow up visit or phone call. The report may include the recommendation to:

- Avoid certain foods
- Prepare foods and drinks differently
- Hold your head or body in a different posture whilst you eat and drink

## Where can I find more information?

If, after reading this, you have more questions or are unsure about anything you have read, please speak to your Community Speech and Language Therapist or alternatively call the Speech and Language Therapy Department on the numbers given on the back of this leaflet.

If you would like to know more, or to see what happens during a videofluoroscopy examination please ask to see the DVD called 'A Patient's Guide to Videofluoroscopy'.

## Where and when is the appointment?

Your appointment will be held at:

- Inpatient Radiology Department  
C Floor  
**Royal Hallamshire Hospital**  
**B Road**  
**Tel: 0114 271 2533**
- Radiology Department  
Level D  
(off Vickers or Huntsman corridor)  
**Northern General Hospital**  
**Tel: 0114 271 5068**

Day: \_\_\_\_\_

Time: \_\_\_\_\_



Alternative formats can be available on request. Email: [sth.alternativeformats@nhs.net](mailto:sth.alternativeformats@nhs.net)

© Sheffield Teaching Hospitals NHS Foundation Trust 2019

Re-use of all or any part of this document is governed by copyright and the "Re-use of Public Sector Information Regulations 2005" SI 2005 No.1515. Information on re-use can be obtained from the Information Governance Department, Sheffield Teaching Hospitals. Email [sth.infogov@nhs.net](mailto:sth.infogov@nhs.net)

# Videofluoroscopy

## Information for patients Speech and Language Therapy



You or your relative have been referred for a videofluoroscopy examination.

## What is videofluoroscopy?



Videofluoroscopy is an examination used to look at how you swallow. It aims to find out what difficulties you are having. We do this by using an x-ray video. This gives us

moving x-ray images that show us a picture of your head and neck whilst you are swallowing.

## How will this help?

We use videofluoroscopy to understand and help with the problems that people can have with swallowing. We use this to see:

- If food or drink is going down the wrong way (i.e. into the airway) without you realising it. This is called 'silent aspiration'.
- If some food and drink consistencies are easier for you to swallow than others;
- If your swallowing difficulties can be helped by altering the position of your head or body;
- The amount of food and drink that you can safely swallow with each mouthful.

## What should I expect?

In the examination, you will be asked to swallow a range of foods and drinks of different consistencies. Usually these are:

- a barium drink
- a smooth milk pudding
- a banana
- bread and a biscuit

You may also be trialled with a thickened drink if necessary. Barium is added so that the food and drink shows up clearly on the video. Whilst you are swallowing the food and drink, we will be taking x-rays of you swallowing.

If you have any food allergies or strong dislikes to certain foods please discuss this with your Speech and Language Therapist before your appointment. You may be asked to bring in an alternative food if this is the case.

## Do I have to get undressed?

You will not need to get undressed or wear a gown for this test. You will need to remove any head and neck jewellery and any tops which have metal attachments such as zips around the neck area. If possible please avoid wearing these items and / or remove them before you come in for the investigation.

## How long does it take?

The process takes about 15 minutes. There may be some waiting time.

## Can I eat and drink before my examination?

Yes you can. However, you must follow any eating instructions that your Speech and Language Therapist has already given you.

## Is the examination safe?

Although any test that involves using x-rays carries a small risk, the radiation dose for this examination is small. The Radiology staff keep the dosage as low as possible and will check your health beforehand.

## How will this test help me?

Having a videofluoroscopy will help us to find out the best way for you to swallow and the kinds of foods and drinks that you will be able to have. For many people, knowing this has made a real difference to their lives.

## How will I feel afterwards?

Most people have no side-effects from this examination. There is a possibility that you will have some constipation and you may find that your faeces are white. This is due to the barium we put in your food. The barium usually clears from your system within 24 hours.