Tallaght University Hospital | Ospidéal Ollscoile Thamhlachta

An Academic Partner of Trinity College Dublin



Videofluoroscopy

(Swallow X-Ray)

PATIENT INFORMATION BOOKLET

A videofluoroscopy is an X-ray that looks at the way your swallowing works. It is one of a number of tests which can be used to find out why you have problems with swallowing.

What is it?

It is a moving X-ray of someone swallowing. It gives us a clear picture of what is happening in your mouth and throat as you swallow. As it is recorded we can play it back a number of times. This helps us to see if there is something we can do to help you swallow safer and easier.

Why is it necessary?

- It is difficult to see exactly what happens in the throat during swallowing. An **x-ray will show what happens when you swallow**.
- It may answer the following questions: 1) Is food going down the wrong way? 2) Why is it going the wrong way? 3) How can the problem be overcome?
- It enables the Speech and Language Therapist (SLT) to try special techniques to help you overcome swallowing problems.

Who should have one?

Any child or adult who is suspected of having **swallowing or eating difficulties**. This is something often referred to as dysphagia. Your speech and language therapist will discuss this with you.



Where do I go?

Both children and adults go to the Adult X-ray Department. If you are an **inpatient**, the Hospital porters will take you down to X-ray when it is time for your test.

Outpatients: Check-in at the X-ray Department reception desk on the Ground floor.

What will happen?

- You/ your child will be given **different foods and drinks.**
- The food and drinks contain a **powder** (barium) that shows up on the x-ray. This allows us to see what is happening as you swallow what is in your mouth.
- You/ your child may be asked to **try eating and drinking in different positions**
- A **recording** of your swallow will be made.
- The X-ray will take about **20 minutes.**
- This test does not involve any tubes, you will feel **no pain.**
- You can **stop at any time.**

What will happen after the videofluoroscopy?

No results will be available **on the day** as we need some time to examine the video recording carefully before we can give you a full set of results.

The results will be discussed with the **doctor, you** and **your family.**

- A **treatment plan** will be agreed with you.
- A report will be sent to the **medical chart/GP.**
- If you are an **outpatient** where another SLT/medical team is involved **a report will be sent to them. They will discuss** the results with you.

What preparation is necessary?

Children: Please bring the following:

- Any cups, bottles or spoons your child likes as they will be familiar with them when asked to eat / drink.
- Foods and drinks your child likes. This can be further discussed with your Speech and Language Therapist.

Adults: Please wear your **hearing aid** and bring your **dentures** if usually worn.

There is **no need to fast**. There is **no need to undress**. **Do not** wear metal necklaces or large earrings as they will interfere with the X-ray machine.

Females between 12 and 55 years must be within 28 days of their last menstrual period. You must contact us if you are not or if you may be pregnant.

Your speech and language therapist is happy to talk through any concerns you may have about the test – please just ask.

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