



## Departments of Diagnostic Radiology and Speech & Language Therapy

# Information about your video swallow examination

The purpose of a video swallow examination is to examine the area from your mouth, down to the top of your oesophagus (gullet). It is important to follow the instructions **carefully**. This leaflet explains what happens when you come for your video swallow.

### Where will the procedure take place?

In the Integrated procedures unit (IPU) (first floor). This can be accessed via the Joseph Holt entrance stairs/lift to the side of the Oak Road entrance.

### Before your video swallow

- Do not eat for the 2 hours before your appointment time.
- You may drink water and take your usual medication.
- We will ask you to undress (usually only from the waist upwards) in a cubicle and give you a cotton gown to wear. If you wish, you can bring your own dressing gown to wear over the cotton gown. You may leave your clothes in the cubicle. Take any valuables with you.
- A specialist radiographer who is responsible for your examination will take you into the x-ray room and introduce you to the staff. Two speech and language therapists are also usually present during the examination.
- The radiographer will explain what will happen and ask if you agree to the examination.
- We will ask if you are willing to give your written consent to have your examination recorded on DVD as part of your medical records and/or for medical teaching/publication.

### During your video swallow examination

- We will ask you to stand or sit in front of the x-ray machine and give you a cup containing a small amount of fruit-flavoured liquid. This is called the barium.
- The radiographer will tell you when to drink the barium and he or she will watch you on the TV screen.
- The speech and language therapist may select different, graded food and drink textures for you to try. We will give you this in a cup or on a spoon.
- The speech and language therapist may ask you to try some techniques to see if they make your swallow more efficient or safe.

- The radiographer will assess any other aspects of your swallow.
- The examination takes about 20 to 30 minutes.

### **After your video swallow**

- The X-ray images will be checked before you get dressed. Please be prepared to wait for a short time.
- The radiographer will tell you when you can get dressed and leave.
- The staff may advise you to change the texture of your food so that it is safe to eat when you are at home or in hospital. The speech and language therapist will explain this fully at your next appointment with him or her or your hospital doctor.
- Otherwise, you can now eat and drink normally. If you are a diabetic you can bring some food to eat immediately after the examination.
- To help get rid of the barium after the examination we may advise you to drink plenty, if it is safe to do so.
- The report of your examination will be sent to the doctor or consultant who referred you.

### **Contacts**

If you have any questions or you wish to discuss any problems about your video swallow, please contact us on one of the phone numbers below before you attend.

Radiology department	<b>0161 446 3322</b>
Speech and language therapy department	<b>0161 446 8046</b>
Patient transport at The Christie	<b>0161 446 8114 or 8143</b>

If you need information in a different format, such as easy read, large print, BSL, braille, email, SMS text or other communication support, please tell your ward or clinic nurse.

We try to ensure that all our information given to patients is accurate, balanced and based on the most up-to-date scientific evidence. If you would like to have details about the sources used please contact **patient.information@christie.nhs.uk**

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