

Patient advice sheet

Videofluoroscopy

Why am I Having a Videofluoroscopy?

You have been referred for a videofluoroscopy because you are having difficulties with chewing and/or swallowing food and/or drinks.

Videofluoroscopy is a moving x-ray. It enables assessment of the structures involved in swallowing and helps to establish if there any particular consistencies of food or strategies which may help or should be avoided.

What is Videofluoroscopy?

- Videofluoroscopy takes place in the X-Ray Department at the hospital and will take approximately 20-25 minutes
- A Speech and Language Therapist, Radiologist and/or Radiographer carry out the videofluoroscopy assessment.
- Food and drink is mixed with a small amount (approx. a 50:50 ratio) of contrast medium under x-ray which enables assessment of exactly what is happening when you swallow.
- The videofluoroscopy is recorded on the hospital imaging system to provide in-depth analysis as well as training students /other therapists.

What do you have to do?

- You can eat and drink prior to the assessment. If you have a feeding tube, you can continue to use this.
- Please bring your dentures and any special cups that you usually use
- You will be asked to swallow a small amount of drink and possibly yoghurt, banana, cake or biscuit mixed with a contrast medium.
- Please let us know if you have any food allergies/intolerances as you may need to bring in your own food/fluids to trial.

What Happens afterwards?

- You will be advised of any immediate changes you will need to make to the consistencies of the food and fluid that you swallow.
- The Speech and Language Therapist in the clinic will review the images taken and report back to the Speech and Language Therapist who referred you. They will then discuss the outcome and the potential plan with you.
- A copy of the report will also be sent to your GP/Consultant.

Speech and Language Therapy Department

Stoke Mandeville: 01296 315247
Wycombe Hospital: 01494 425015

Radiology Department

Stoke Mandeville: 01296 316 927
Wycombe Hospital: 01494 425447

If you would like a copy of this information on audiotape, in large print or translated, please call PALS on 01296 316042

Legal Notice

Please remember that this leaflet is intended as general information only. We aim to make the information as up to date and accurate as possible, but please note that it is subject to change. Please therefore always check specific advice on any concerns you may have with your doctor.