

# Videofluoroscopic swallowing study

## A patient's advice sheet

### What is a Videofluoroscopic swallowing study?

Videofluoroscopic swallowing study (VFSS), or Modified Barium Swallow (MBS) refers to a procedure that uses X-ray images to observe a person as they swallow food and drinks.

### Procedure

Your expected length of stay in the department is 45 minutes.

You will be seated in an X-ray machine and asked to eat and drink different food and drink consistencies. These are mixed with an Iodine-based contrast so that we can see the food and drink on the X-ray. The consistencies may include normal drinks, thicker drinks, yoghurt, cake and biscuit. The X-ray of your swallow will be recorded. If you drink using a special cup or straw at home, please bring it with you.

You will be able to ask questions during the procedure and you can bring someone to the assessment with you. You will receive initial information at the end of the assessment. A more detailed report will be written by the Speech and Language Therapist present and sent to the appropriate professionals within a week e.g. your GP, Consultant, community Speech and Language Therapist. Please let us know whether you would also like a copy of the report.

### Staff present

There will be a Speech and Language Therapist and a Radiographer involved in your procedure. A Radiologist may also be present at the Videofluoroscopy.

### Please note:

- Due to the use of Iodine dye there is a small chance your stools will become loose while the contrast is cleared from your body.
- You can eat and drink normally prior to your appointment unless told otherwise. Please also make sure you take all your regular medications.
- You can drive home afterwards.
- If you have any queries about this appointment or are unable to attend, please call us.
- Please inform us if you might be pregnant or allergic to Iodine based contrast agents or have a food allergy.

**If you have any questions, please contact  
Speech & Language Therapy on 01223 638732.**