

## Where to go

The videofluoroscopy is in Medical Imaging at The Royal Children's Hospital. Take the green lifts to the Lower Ground level (East building).

Please arrive at Medical Imaging 10 minutes before your appointment time.

Please call Medical Imaging reception (9345 5255) if you are running late. Your appointment might be rescheduled if you arrive after your child's appointment time.

If you have any questions, please call your RCH speech pathologist on (03) 9345 9300.



### Speech Pathology

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## SWALLOWING

# Videofluoroscopic Swallowing Study (VFSS)

### Speech Pathology



## What is a Videofluoroscopic Swallowing Study (VFSS)?

VFSS is a moving X-ray done in Medical Imaging. This test provides more information about a child's swallowing function and safety. It shows where food and drink goes in the mouth and throat when a child eats and drinks. The procedure is recorded so that swallowing can be studied in detail.

## Why does my child need a VFSS?

The VFSS helps us to understand if and why a child has a swallowing difficulty. The results help a speech pathologist and doctors make decisions about how to help a child eat and drink safely.

## Who takes part in the VFSS?

- Two speech pathologists trained in VFSS will usually be present. Your child's community speech pathologist might come along.
- A radiographer who operates the equipment.
- A registered nurse might also be present.
- You can come into the room with your child, unless you are pregnant. It is best not to bring other children to the appointment.

Any family members and other people assisting with the procedure wear protective clothing.

## Is VFSS safe for my child?

The radiographer makes sure that only a small amount of radiation is used.

Barium will pass through your child's digestive system. Barium can be swallowed without harmful side effects. Some children might experience constipation after the procedure.



## What does the test involve?

The child sits in a special chair next to an X-ray machine. He/She is given different food and/or drink mixed with barium. Barium is a white powder that can be seen on X-rays. It shows where food and drink goes when swallowed. We make a video recording of the swallowing.

The speech pathologist(s) and the family, decide on the food and drinks to be given.

A family member is usually present and can help the child to be calm and cooperative during the X-ray. The speech pathologist or family member offers the food/drink to the child.

You will be able to see the X-ray on a screen. The speech pathologist will study the X-ray.

## Will my child be upset during the VFSS?

VFSS is not a painful test. Some children are nervous about the strange situation but most do not find it stressful.

## When do I get the results?

The speech pathologist can tell you some information about the results after the test. Results and recommendations are usually made once the speech pathologist has had time to look at all of the images. A radiologist will also look at the X-ray after the appointment. The results will be discussed with your child's doctor as needed.

## How do I prepare my child for the test?

Some people have unhappy memories of different procedures using barium. The videofluoroscopy is NOT like a standard barium swallow or a barium enema. The videofluoroscopy should not be unpleasant for your child. Talk positively about the appointment and reassure your child that all they need to do is eat and drink.

## On the day of your appointment

Your child needs to be hungry or thirsty for the test. You can feed your child a small amount of drink or food before the test if they need it. The test is easier if your child is hungry or thirsty.

### Please bring:

- Your child's usual eating and drinking equipment (special cups, bottles, spoons, etc.).
- A small amount of your child's usual food and drink. Please bring different types of food and drink to try (as discussed with your speech pathologist).
- Extra food/drink for your child to have after the appointment if he/she is hungry or thirsty.