

# Your child's videofluoroscopy - inpatients

**This leaflet has information about your child's videofluoroscopy in the speech and language therapy (SLT) department. If you have any questions or concerns, please contact your child's doctor or speech and language therapist.**

## A videofluoroscopy and why your child needs one

A videofluoroscopy is a moving X-ray of the mouth and throat while your child is eating or drinking. Sometimes it's called a videofluoroscopic swallow study or a modified barium study. If your child has feeding difficulties, their speech and language therapist or doctor might suggest this test to get more information about what happens during swallowing, particularly if they think food or drink might be going into the windpipe.

## Where the videofluoroscopy is done

The videofluoroscopy will be done in an X-ray room in Arctic, which is the imaging department on the 1st floor of Evelina London Children's Hospital. We usually expect a parent or carer to come to the appointment with the child.

## What you need to bring

It is good if your child is a little bit hungry before the procedure, but not so hungry that they get upset. Your ward speech and language therapist will tell you what to bring to the study.

If your child is on oxygen, make sure you bring portable oxygen with you. If they need suctioning, a portable suction unit and someone who can suction your child must come too. Usually you will come for this test with a nurse. A porter might be arranged to take you and your child to clinic. If your child is medically stable and well known to our SLT team, it may be agreed with the nurse and SLT therapist that you can come to the clinic without a nurse.

If your child has a tracheostomy please bring:

- an emergency kit
- suction equipment
- a speaking valve (if they wear one)

If your child is unwell on the day of the study, their nurse should contact your child's SLT therapist to discuss the situation. It might not be appropriate to do the study at the planned time.

## What happens?

Your child will sit in a Tumble Forms® seat (a chair like a car seat). If your child sits in a wheelchair, we will keep them sitting in it if we can. Other seating options might be considered on the day.

A special powder or liquid will be mixed with your child's food or drink so that it shows up on the moving X-ray. Your child might notice it tastes slightly different. Most children accept the contrast mixed with their favourite food or drink.

When the X-ray is in the correct position, your child will be asked to eat or drink. You will be asked to support your child to eat or drink, and help them keep their head as still as possible. If your child cannot eat on their own, you will be asked to feed them. They will not need to have a whole meal. The therapist might suggest strategies to try while the X-rays are being taken.

The moving X-ray is recorded onto your child's electronic medical records. You will be asked to sign a consent form to say you are happy for it to be used for teaching. You don't have to say yes. Saying no will not affect your child's treatment.

The appointment will last about 30 to 45 minutes.

## Who will be there?

There will be 2 speech and language therapists, an assistant and a radiographer. Sometimes there will be a radiologist (X-ray specialist) present too.

## Risks of a videofluoroscopy

Food or drink might go into your child's windpipe. This is no more likely than if your child was eating or drinking at home or school. Your child is exposed to a small amount of radiation, which is monitored closely by the radiographer and kept to a minimum. If you are pregnant, please tell the radiographer or therapist as soon as possible before the procedure.

## Getting the results

The speech and language therapist will analyse the X-rays, and then arrange to visit you on the ward to discuss the results. Depending on the results, the therapist might give you advice about how to minimise the risks associated with drinking and eating.

## After the videofluoroscopy

The findings will be written in your child's medical records and discussed with the medical team looking after your child at the time of the procedure. They will also be incorporated into a discharge summary.

Your child will continue to be seen on the ward, as needed, during their stay. Once they are ready to leave the hospital, if they already have a community speech and language therapist they will be informed. If your child does not have a community speech and language therapist and they need one, a referral will be made to your local team.

## Appointment information

Therapist .....

Appointment date and time .....

### Contact us

If you have any questions or concerns about a videofluoroscopy, please contact the inpatient speech and language therapy service, **phone:** 020 7188 3992

For more information on conditions, procedures, treatments and services offered at our hospitals, please visit **web:** [www.evelinalondon.nhs.uk](http://www.evelinalondon.nhs.uk)

### Evelina London Medicines Helpline

If you have any questions or concerns about your child's medicines, please speak to the staff caring for them or contact our helpline, **phone:** 020 7188 3003, Monday to Friday, 10am to 5pm  
**email:** [letstalkmedicines@gstt.nhs.uk](mailto:letstalkmedicines@gstt.nhs.uk)

### Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS), **phone:** 020 7188 8801 **email:** [pals@gstt.nhs.uk](mailto:pals@gstt.nhs.uk). To make a complaint contact the resolution department **phone:** 020 7188 3514 **email:** [complaints2@gstt.nhs.uk](mailto:complaints2@gstt.nhs.uk)

### Language and accessible support services

If you need an interpreter or information about your care in a different language or format, please contact the department your appointment is with.

### NHS 111

This service offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day, **phone:** 111  
**web:** [www.111.nhs.uk](http://www.111.nhs.uk)

### NHS website

This website gives information and guidance on all aspects of health and healthcare, to help you take control of your health and wellbeing, **web:** [www.nhs.uk](http://www.nhs.uk)

### Get involved and have your say: become a member of the Trust

Members of Guy's and St Thomas' NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it is up to you how much you get involved. To find out more, please get in touch, **phone:** 0800 731 0319 **email:** [members@gstt.nhs.uk](mailto:members@gstt.nhs.uk)  
**web:** [www.guysandstthomas.nhs.uk/membership](http://www.guysandstthomas.nhs.uk/membership)

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