

Your child's videofluoroscopy

This leaflet explains your child's videofluoroscopy in the Speech and Language Therapy (SLT) Department. If you have any further questions or concerns, please do not hesitate to contact your child's doctor or speech and language therapist.

What is a videofluoroscopy and why does my child need one?

A videofluoroscopy (sometimes called a videofluoroscopic swallow study or modified barium study) is a moving X-ray which is taken of the mouth and throat while your child is eating and/or drinking. If your child has feeding difficulties, their speech-language therapist or doctor may suggest a videofluoroscopy to get a more detailed picture of what happens during swallowing, particularly if they think food or drink may be going the wrong way into the wind-pipe.

What happens during a videofluoroscopy?

Your child will be seated with the X-ray machine beside them. The type of seating will depend on the age of your child, and what they normally sit on during mealtimes at home. This may be a Tumble form™ seat (a chair like a car seat), their wheelchair or a padded adult-sized chair.

You will be asked to bring some food and drink for your child. A special powder or liquid (contrast) will be mixed with the food and drink so that it shows up on the moving X-ray. Your child may notice that it looks or tastes slightly different. Most children will accept the contrast mixed with a food or drink they like.

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/drink and to 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 eat a whole meal. The therapist may suggest strategies to try while the X-rays are being taken.

The moving X-ray is saved onto your child's electronic medical records so that we can analyse the results in depth. You will be asked to sign a consent form to say you are happy for these images to be saved here. We will also ask if you are happy for us to use the images for teaching – you can say no to this.

Each appointment will last about 30-45 minutes.

Who will be there?

There will always be one or two speech-language therapists, an assistant and a radiographer. Sometimes there will be a radiologist (X-ray specialist) present. Your child's community speech and language therapist will be invited to come too.

How can I prepare for the study?

It is good if your child is a little bit hungry before the clinic, but not so hungry that they get upset.

Please bring:

- Food and drink your child likes to eat and drink - something easy, and also something they find a little more challenging. This will have been discussed with you by your community speech and language therapist before the study takes place.
- Your child's usual cup or bottle, bowl and spoon.

All food should be brought in clean sealed containers. It should not be open for more than 24 hours and should be removed from the refrigerator at the last minute before traveling to the appointment and stored in a cool bag with an ice block. The hospital cannot accept responsibility for the safety of food you bring with you.

If your child has a tracheostomy please bring:

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

What are the risks?

Food or drink may go down the wrong way, into your child's wind-pipe. The chances of this happening are no more than if your child was eating/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 inform the radiographer or therapist before the videofluoroscopy starts. This may mean the therapist will have to help your child to eat.

What happens afterwards?

The results of the X-ray will be sent to your community speech-language therapist who will contact you to discuss the results and recommendations. You will receive a report of the findings and recommendations in the post.

Your child will continue to receive support from the community speech and language therapist.

Contact us

If you have any questions or concerns about this videofluoroscopy, please contact the Acute Paediatric Speech and Language Therapy Service, **t:** 020 7188 3992

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit **w:** www.evelinalondon.nhs.uk/leaflets

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.

t: 020 7188 3003, Monday to Friday, 10am-5pm **e:** letstalkmedicines@gstt.nhs.uk

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

t: 020 7188 8801 (PALS) **e:** pals@gstt.nhs.uk
t: 020 7188 3514 (complaints) **e:** 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 get in touch. **t:** 020 7188 8815 **e:** languagesupport@gstt.nhs.uk

NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day. **t:** 111 **w:** www.nhs.111.uk

NHS website

Online information and guidance on all aspects of health and healthcare, to help you take control of your health and wellbeing. **w:** 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.

t: 0800 731 0319 **e:** members@gstt.nhs.uk **w:** www.guysandstthomas.nhs.uk/membership

Was this leaflet useful?

We want to make sure the information you receive is helpful to you. If you have any comments about this leaflet, we would be happy to hear from you, fill in our simple online form, **w:** www.guysandstthomas.nhs.uk/leaflets, or **e:** patientinformationteam@gstt.nhs.uk

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