

Your child's videofluoroscopy - outpatients

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.

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 Forms® 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 might 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 do this, 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 might 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 purposes. You can say no to this, and your child's treatment will not be affected in any way.

Each appointment lasts 30 to 45 minutes.

Who will be there?

There will always be 1 or 2 speech and language therapists, an assistant and a radiographer. Sometimes there will be a radiologist (X-ray specialist) present too. Your child's community speech and language therapist will be invited to come too.

How to prepare your child 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 travelling 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. We cannot heat any food or drink. Please bring these in flasks, or heat it in one of the microwaves in our hospital cafes, before your child's appointment.

If your child has a tracheostomy please bring:

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

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 before the videofluoroscopy starts. This might mean the therapist will have to help your child to eat.

After the videofluoroscopy

The results of the X-ray will be sent to your community speech and 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 a videofluoroscopy, please contact the acute paediatric 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

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