



Northumbria Healthcare
NHS Foundation Trust

Fibreoptic Endoscopic Examination of Swallowing (FEES)

Issued by Speech and Language Therapy

What is fiberoptic endoscopic examination?

Fiberoptics is like an extension of our eye allowing us to see into the body by having light that can bend through a tube.

Endoscopic means that a thin tube is passed into the body. In this examination a short tube goes into your nostril in order to see into your throat. It can feel a little uncomfortable when it is passing through your nostril.

Where will the examination take place?

If you are an inpatient we will bring the equipment to your ward. For outpatients, you will be seen in the outpatients department in North Tyneside General Hospital, or a pre-arranged location at Wansbeck General Hospital or Morpeth NHS Centre.

Who will perform the examination?

Two experienced speech and language therapists will do the examination. If you are an inpatient, there may be other members of the team present, for example, nursing staff or doctors.

What are the risks?

The procedure is safe with a low risk of complications or side effects. At times, the passing of the tube through the nostril can cause some mild discomfort and bleeding. Once the tube is positioned in the throat, this discomfort usually disappears.

Do I need to make any special preparations for the examination?

No

What happens during the examination?

- You will be examined sitting upright.
- One nostril is sprayed with nasal decongestant to help the tube pass more easily through the nostril into the throat.
- You will be given food/drink.
- You may be asked to try swallowing in different ways with a range of food textures

What information does it give?

We can watch and record the food or drink passing into the throat when you swallow. We can see whether there are problems and try out different ways to help you swallow more safely.

How will it help me/my relative?

It enables us to examine the swallow mechanism in more detail. We can show you what is happening while you are swallowing. This will help you to understand the problem. You will be able to see how our recommendations make swallowing easier and safer.

How long will it take?

Generally, the whole process will take about 30 minutes (the tube will not be down for longer than 15 -20 minutes).

How soon will I know the results?

At the end of the examination, your therapist will be able to discuss the basic findings with you. It may be necessary to discuss the results with other team members, in these cases your therapist will arrange another appointment with you before you leave.

Contact Numbers

Your Speech and language therapist is:

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The contact numbers for the FEES assessments are:

Wansbeck General Hospital:

Woodhorn Lane
Ashington
Northumberland
01670 529748

North Tyneside General Hospital:

Rake Lane
North Shields
Tyne and Wear
0191 2932712

Northumbria Specialist Emergency Hospital:

Northumbria Way
Cramlington
Northumberland
07825 658042

Morpeth NHS Centre:

Haggsfield
Morpeth
Northumberland
01670 500954 / 01670 500949

For further information please see Royal College of Speech and Language Therapists www.rcslt.org

Alternative Formats

If you would like a copy of this information in large print, another language, audio tape or other format please call the Contact Centre on **03 44 811 8118**

Other sources of information

NHS 111

NHS Choices

www.nhs.uk/pages/homepage.aspx

NICE (National Institute for Health and Clinical Excellence)

www.nice.org.uk

Patient Advice and Liaison Service (PALS)

Freephone: **0800 032 0202**

Text: 01670 511098

Email: northoftynepals@nhct.nhs.uk

Northumbria Healthcare NHS Foundation Trust

General Enquiries **03 44 811 8111**

www.northumbria.nhs.uk

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