



Northumbria Healthcare
NHS Foundation Trust

Videofluoroscopy

(North Tyneside and Hexham General Hospitals)

Issued by the speech and language therapy department

**Your Videofluoroscopy appointment is
on: -**

Date

Time:

Place: **X-ray department**

Hospital:.....

**(Please note this is not the speech and
language therapy department)**

What is a Videofluoroscopy (VF)?

VF is a moving x-ray which is used to examine what happens in someone's throat when they eat or drink. It is recorded for later analysis, and to act as a record.

Why do I need a VF?

Your speech and language therapist (SLT) has arranged the VF to get a clearer picture of what is happening in your throat due to a concern that your swallowing may be inefficient and/or unsafe.

The VF helps your SLT to make judgements about your swallow (e.g. is food/drink going down the wrong way?) and helps them advise you about what textures of food and drink are safest or most appropriate for you.

Where does it take place?

Within the x-ray departments of North Tyneside General Hospital and Hexham General Hospital.

Who will be there?

- 2 speech and language therapists (usually including your own therapist).
- A specialist radiographer.
- A consultant radiologist may be in attendance.
- You will also have access to a consultant radiologist as required.

What will happen?

You will be asked to eat or drink a range of food and drinks with different textures e.g. water, yoghurt, bread, biscuit etc. They will be mixed with barium/gastromiro, a white powder or liquid that shows up clearly on the x-ray. You will sit or stand in front of the x-ray machine (which can be a little noisy), and will be exposed to small amounts of radiation as we film you swallowing. The radiation is approximately equivalent to that of a chest x-ray and is monitored by the radiography department. **This does not hurt in any way.**

The easiest textures are tried first, given in only small amounts. The range of different textures you are asked to try will depend on your abilities and the aims of you and your therapist. You may be asked to try swallowing in different ways (e.g. with your head in a certain position, to see if this helps your swallow).

How long will it take?

Approximately 20-30 minutes depending on the number of textures/positions tried.

Do I need to prepare in any way?

Your SLT will advise you what food or drink to bring to the examination. If you need ambulance transport you will book this through your GP. Wear normal clothing and dentures but remove any unnecessary jewellery. There is no need to avoid eating or drinking before the V.F.

What happens next?

The SLT may discuss general findings with you immediately following the examination and may arrange another appointment with you to discuss future management. The SLT will then further analyse the image and will send a report to your GP detailing the findings and recommendations.

If you are an inpatient in hospital the therapist will inform your ward of the outcome on the same day.

If you have any further questions, please contact your speech and language therapist.

Contacts

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If you require this leaflet in aphasia friendly or other format please request from your speech and language therapy department.

For further information visit:

www.stroke.org.uk
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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