



Videofluoroscopic Swallow Study

Do you have problems swallowing?

A swallow study might be what you need if you are experiencing:

- Coughing and choking when drinking and eating
- Poor weight gain
- Frequent upper respiratory symptoms or illness such as pneumonia, wheezing and infections

What is a Videofluoroscopic Swallow Study?

A videofluoroscopic swallow study or VFSS is a swallowing exam that allows for a real time two-dimension view of the oral, pharyngeal and esophageal phases of swallowing. This exam uses barium, a liquid that will be mixed with different foods and liquids. As you swallow the foods, it will show on the x-ray. A radiologist physician, specializing in medical diagnosis by x-ray, a speech therapist trained in the anatomy and physiology of swallowing and a technologist trained in x-ray equipment will watch to see how you chew and swallow the foods that contain barium.

Why have a VFSS?

When you have a swallowing test in the speech therapist's office they are unable to see what is happening inside your mouth or throat. The VFSS allows the speech therapist to see:

- If food is going into your airway instead of your stomach, called aspiration
- Which parts of your mouth and throat may not be working well
- What kinds of foods are safest for you to swallow
- If certain body positions or strategies help you swallow better

A videofluoroscopic swallow study is available for both adults and children. Your care provider can arrange for the study to be scheduled through the Mankato Clinic Patient Services Team. Patient Services can be contacted by stopping at any Mankato Clinic location Patient Services desk or by calling 507-385-3955.

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