



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. Please contact your primary care provider if you think you would benefit from this study.



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