



Central and
North West London
NHS Foundation Trust

Speech and Language Therapy Services

Information for parents



Your child and their
videofluoroscopy
examination



Wellbeing for life

Why has my child been referred for a videofluoroscopy?

Your child has been referred to the Radiologist and Speech and Language Therapist for a videofluoroscopy because there are concerns about the safety of their swallow.

The videofluoroscopy will help to decide safe feeding management options for them.

What is a videofluoroscopy?

The videofluoroscopy is a special X-ray which allows the observation of a swallow as it happens. Barium is a harmless substance which shows up under X-ray. This is added to normal and / or thickened foods/drinks which are given to your child as they are videoed. The examination will take approximately 20 minutes and does not involve anaesthetic or injections.



What can a videofluoroscopy tell us?

The videofluoroscopy can help look at how your child controls their food and drink. It can help to identify difficulties with timing when they swallow and also ensure that the food or drink is cleared from the pharynx (the throat, ranging from the back of the nose to the top of the gullet), safely into the oesophagus (the gullet, food pipe).

The videofluoroscopy can help us to see if food and/or drink is entering the lungs (aspiration) and at which point of the swallow it happens (before, during or after). It can also help us to see if your child presents as being at a risk of aspirating, even if aspiration does not occur during the X-ray study itself.

The videofluoroscopy can also help to identify what consistencies of food / liquid are safest for your child and also which feeding positions may be beneficial.

What are the limitations?

A videofluoroscopy looks at your child swallowing on a specific day, under specific circumstances. It may be that the results are not typical for your child. *However it should be noted that the stress of the examination has not generally been found to affect the swallowing safety of a child who has good swallowing abilities. It may however, understandably, adversely affect a child whose ability to swallow safely is already inconsistent and may bias the results towards aspiration.

*(Pre-feeding skills second edition, Suzanne Evans Morris and Marsha Dunn Klein 2000)

For this reason all Paediatric Videofluoroscopy referrals will undergo a clinical feeding assessment with a Speech and Language Therapist prior to the procedure itself.

When will I get the results?

The Speech and Language Therapist and Radiologist will make initial observations and will give you an impression of what they feel is happening when your child eats / drinks. A full report will follow and your Speech and Language Therapist will arrange an appointment or telephone consultation to explain the findings and management recommendations in more detail.



Do we need to bring anything with us for the videofluoroscopy?

We will try to make this experience as comfortable and familiar as possible for your child and therefore it is very important that you bring along your child's usual bottle / cup with a familiar drink in and their cutlery and a selection of foods which you know they usually eat (to which barium and / or a thickener can be added) e.g. squash, milk, rice pudding, baby food, yoghurt etc. Your Speech and language Therapist will discuss your child's specific needs with you before the appointment.

It would be very helpful if you could remove any jewellery from your baby/child and avoid them wearing clothing with metal buttons, poppers, zips etc. as these will show on the X-ray and may obscure the view.

If you need to discuss any of the above before your appointment, please do not hesitate to call your Speech and Language Therapist at the Child Development Centre on **01908 724600**.

How do I contact my therapist?

Should you, your family or carers wish to contact the Speech and Language Therapy Team, please ring **01908 725299**.

Your therapist is:

.....

Contact us

Speech and Language
Therapy Service
Milton Keynes General Hospital
Standing Way
Eaglestone
MK6 5LD.

Tel: 01908 725299

When we are not available, please leave a message on our secure answer phone.

www.cnwl.nhs.uk

(Referral forms available)

Tell us, we're listening

Our staff want to know how they are doing. Tell us what you think at www.cnwl.nhs.uk/feedback and then we'll know what we have to do.



This document is also available in other languages, large print, Braille, and audio format upon request. Please email communications.cnwl@nhs.net

Dokument ten jest na życzenie udostępniany także w innych wersjach językowych, w dużym druku, w alfabecie Braille'a lub w formacie audio.

Polish

நீங்கள் கேட்டுக்கொண்டால், இந்த ஆவணம் வேறு மொழிகளிலும், பெரிய எழுத்து அச்சிலும் அல்லது ஒலிநாடா வடிவிலும் அளிக்கப்படும்.

Tamil

درخواست پر یہ دستاویز دیگر زبانوں میں، بڑے حروف کی چھپائی اور سننے والے ذرائع پر بھی میسر ہے۔

Urdu

این مدرک همچین بنا به درخواست به زبانهای دیگر، در چاپ درشت و در فرمت صوتی موجود است.

Farsi

Šį dokumentą paprašius taip pat galima gauti kitomis kalbomis, dideliu šriftu, Brailio raštu ir garso juostoje. Prašome kreiptis el.

Lithuanian

Mediante solicitação, este documento encontra-se também disponível noutras línguas, num formato de impressão maior, em Braille e em áudio.

Portuguese

Este documento también está disponible y puede solicitarse en otros idiomas, letra grande, braille y formato de audio.

Spanish

এই ডকুমেন্ট অন্য ভাষায়, বড় প্রিন্ট আকারে, ব্রেল এবং অডিও টেপ আকারেও অনুরোধ পাওয়া যায়

Bengali

Dokumentigaan waxaa xitaa lagu heli karaa luqado kale, daabacad far waa-wayn, farta indhoolaha (Braille) iyo hab dhegaysi ah markii la soo codsado.

Somali

Настоящий документ по отдельному запросу можно получить в переводе на другие языки, напечатанным крупным шрифтом или на аудиокассете.

Russian