

## **Paediatric contrast swallowing examination**

The study examines how the palate, pharynx and larynx function during swallowing. In The procedure the neck and chest area is scanned with an X-ray device. A speech therapist is usually involved in the procedure.

The procedure takes about 30 minutes. Set aside about 2 hours for the procedure. A child who needs an emergency X-ray might be need to be seen before your child.

### **Preparing for the procedure**

#### **Children under 1 year of age**

- Can eat liquid food normally.
- Feeding should be timed so that the child is hungry when they come to the procedure.

#### **Children older than 1 year of age**

- Please do not allow your child to eat or drink for three hours before the procedure.

#### **Before the procedure:**

- Please bring your own purees and solid foods for the child, for example, fruit puree, pudding, banana and/or cookies or something similar. The food should be something that the child likes to eat.
- In addition, it is good to bring a baby bottle, a spoon, or another eating utensil familiar to the child. A contrast agent is mixed with the food in the X-ray department.
- If the child has a nasogastric tube, it should be removed for the procedure. The referring unit, outpatients department is responsible for giving, if necessary, the instructions on replacing a new nasogastric tube.

### **During the procedure**

During the procedure, the child sits on a chair or highchair. The child is given liquid, puree and solid food mixed with the contrast agent to swallow. X-rays are taken when the child swallows.

### **What about after the procedure?**

After the procedure, the child is allowed to eat and drink normally.

You will receive the test results from the referring doctor. If you don't know how, please ask the referring outpatients department, The referring unit, or Health center to help you to get the results.

## **Other considerations**

Please take the child's Kela card or other ID with you. In addition, you can bring the child's favourite toy to the procedure with you. It is good to have 1-2 adults involved in the procedure. A person who is pregnant or suspected of being pregnant may not participate in the imaging session.

There is no separate fee for the procedure. You must not come to the procedure with the flu or acute illness. Please cancel the appointment if you can't make it.

## **More information**

If you have any questions about the procedure, the contact information is in the arrival instructions or appointment letter.