

## **Paediatric video fluoroscopy swallow procedure**

### **Patient Instructions**

The purpose of the video fluoroscopy swallowing procedure is to determine the structure and function of the pharynx.

A pregnant person cannot participate in the procedure. The procedure of the child's video fluoroscopy swallowing examination is performed together with a speech therapist.

### **How to prepare for the procedure?**

Please do not allow your child to eat for four hours before the procedure or drink for about two hours before the procedure, so that they might be more willing to swallow the contrast agent. Your child may drink water. If the child has a nasogastric tube, it should be removed five days before the procedure. The child can bring their favourite cup / baby bottle and spoon.

### **How is the procedure done?**

The procedure is performed while standing or sitting on a x-ray stand. The study begins with drinking a liquid contrast agent, at the same time, x-rays are taken of the pharynx and oesophagus. In addition, the contrast agent may be administered mixed with solid food. Therefore, it would be advisable to bring a small amount of solid food that the child likes, such as fruit puree, pudding, bread or the like. The study takes about 30 minutes.

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

Your child is allowed to eat and drink normally after the procedure. It is a good idea to set aside a snack for your child to eat after the examination. You will receive the test results from the referring doctor.