

# Videofluoroscopy

## Information for patients

This information leaflet answers some of the questions you may have about your videofluoroscopy procedure. If you have more questions at any time, please do not hesitate to contact a member of staff.

### **Confirming your identity**

Before you have a treatment or procedure, our staff will ask you your name and date of birth and check your ID band. If you do not have an ID band we will also ask you to confirm your address. If we do not ask these questions, then please ask us to check. Ensuring your safety is our primary concern.

## **What is a videofluoroscopy?**

A videofluoroscopy is a moving X-ray captured during swallowing. It shows us how the mouth, throat (pharynx) and upper part of the food pipe (upper oesophagus) are moving during swallowing.

## **What does a videofluoroscopy tell us?**

Specific reasons around why you have been referred for a videofluoroscopy should be discussed with your treating speech and language therapist. The results will be used to help advise how to manage your eating and drinking safely.

## **Where does the videofluoroscopy take place?**

The videofluoroscopy clinic takes place in room one in the X-ray 2 department which can be found on the first floor of the Denmark Wing at King's College Hospital (see location map on page 4).

Enter the hospital at the Hambleden Wing entrance and walk straight down the corridor until you come to a lift and set of stairs. Either take the lift or walk up to the first floor. Turn right and walk all the way to the end of the corridor until you reach X-ray 2. There is a check-in desk as you walk in, and a speech and language therapist will greet you and take you into the videofluoroscopy room.

You may bring someone with you to the appointment, but they will not be able to accompany you into the X-ray room. However, if there is a specific reason you need someone to assist you, please contact your treating speech and language therapist to discuss.

### **Consent**

We must by law obtain your consent to this procedure beforehand. Staff will explain the risks, benefits and alternatives before they ask for your consent. If you are unsure about any aspect of the procedure or treatment proposed, please do not hesitate to speak with a senior member of staff again.

## **Before the videofluoroscopy procedure**

If you are, or think you may be pregnant, please tell the radiographer before you have the examination.

If you have had a previous reaction to X-ray contrast injections, please let the radiographer know.

## **Preparing for a videofluoroscopy**

You can eat and drink as normal before your videofluoroscopy.

Please do not wear necklaces, large earrings or tops with zips at the neck for your appointment as these may block the view of the X-ray.

## Who will be there?

- Two speech and language therapists will watch the X-ray from behind a screen and advise on food and drink consistencies, your posture and how you should swallow.
- Another speech and language therapist will be with you to give you the food and drink and support you with eating and drinking if you need.
- A radiographer will operate the equipment and oversee the procedure.
- If you have been referred by a community speech and language therapist, they may also attend.

## What will happen during the videofluoroscopy?

The length of a videofluoroscopy varies from person to person, however on average it should take no longer than 30 minutes.

You will be given drinks and/or food with a contrast (dye). The contrasts are important to allow us to see the food and drink on the X-ray. However, they do change the taste of the drinks and food.

Different contrasts are used but typically we use EZ-HD (a powder). Occasionally, we use Omnipaque (a liquid) for drinks. The speech and language therapists in the clinic will explain what each contrast is and how it will taste.

If you have any allergy concerns relating to the contrasts we use, please speak to your treating speech and language therapist.

You will be provided with a brief summary of what was seen during the videofluoroscopy after the procedure.



## Will I be exposed to radiation?

Each fluoroscopic procedure involves exposure to radiation, but the amount of radiation is kept to a minimum. The radiologists and radiographers are trained to take the best possible images using the lowest amount of radiation practicable. If you have any concerns or would like more information, please speak to your speech and language therapist.

## What happens after the videofluoroscopy?

The images will be reviewed by the speech and language therapists in the clinic who write up a full report within a week. The report will then be sent to your treating speech and language therapist who will discuss the results with you. This will help you and others involved in your care make decisions around your eating and drinking.

## What can I do if I have any worries or questions?

Please contact your current speech and language therapist to discuss any concerns.

## Location map



## **MyChart**

Our MyChart app and website lets you securely access parts of your health record with us, giving you more control over your care. To sign up or for help, call us on 020 3299 4618 or email [kings.mychart@nhs.net](mailto:kings.mychart@nhs.net). Visit [www.kch.nhs.uk/mychart](http://www.kch.nhs.uk/mychart) to find out more.

## **Sharing your information**

King's College Hospital NHS Foundation Trust has partnered with Guy's and St Thomas' NHS Foundation Trust through the King's Health Partners Academic Health Sciences Centre. We are working together to give our patients the best possible care, so you might find we invite you for appointments at Guy's or St Thomas' hospitals. King's College Hospital and Guy's and St Thomas' NHS Foundation Trusts share an electronic patient record system, which means information about your health record can be accessed safely and securely by health and care staff at both Trusts. For more information visit [www.kch.nhs.uk](http://www.kch.nhs.uk).

## **Care provided by students**

We provide clinical training where our nursing students get practical experience by treating patients. Please tell your doctor or nurse if you do not want students to be involved in your care. Your treatment will not be affected by your decision.

## **PALS**

The Patient Advice and Liaison Service (PALS) is a service that offers support, information and assistance to patients, relatives and visitors. They can also provide help and advice if you have a concern or complaint that staff have not been able to resolve for you. They can also pass on praise or thanks to our teams.

Tel: 020 3299 4618

Email: [kings.pals@nhs.net](mailto:kings.pals@nhs.net)

**If you would like the information in this leaflet in a different language or format, please contact our Interpreting and Accessible Communication Support on 020 3299 4618 or email [kings.access@nhs.net](mailto:kings.access@nhs.net)**