



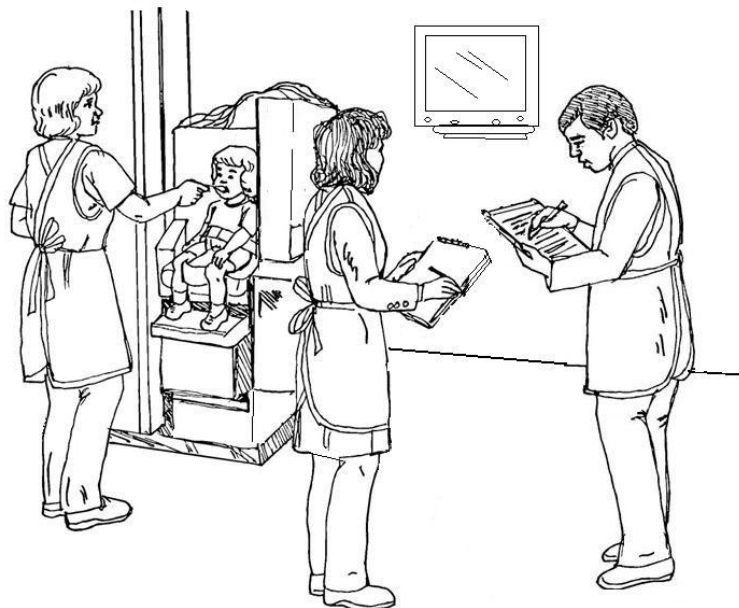
VIDEOFLUOROSCOPIC SWALLOW STUDY (VFSS)

The OME (oral motor evaluation) and videofluoroscopic (VID-ee-oh-floor-oh-SCOP-ic) swallow study is a special test that shows how safely your child can swallow food and liquids (Picture 1).

HOW TO PREPARE FOR THE TEST

- Explain to your child what will happen. Use words that he or she can understand.
- Bring your child's bottle, spoon, or cup.
- Bring foods that your child has trouble eating.
- If your child is a picky eater, or has food allergies, bring food that he will or can eat.
- You may give medicine to your child at any time before the test.
- You MUST bring the child's insurance card and a photo ID card of the caregiver who is present during the study.
- If you do not have legal custody of the child you MUST bring written permission to attend this test and receive any test results.
- Please do not give your child food or drinks
 - After 6:15 am
 - After 11:15 am

Picture 1 Having a videofluoroscopic swallow study.



For Outpatient Use Only

Child's Name: _____

Appointment Date: _____

Check in time: _____

Please come 15 minutes before your time to register.

Bring your child to:

- The Fluoroscopy Department Registration Desk, first floor of the main building of Nationwide Children's Hospital. Telephone: (614) 722-3975.
- Nationwide Children's Hospital Westerville Close-to-Home Center, Registration Desk.

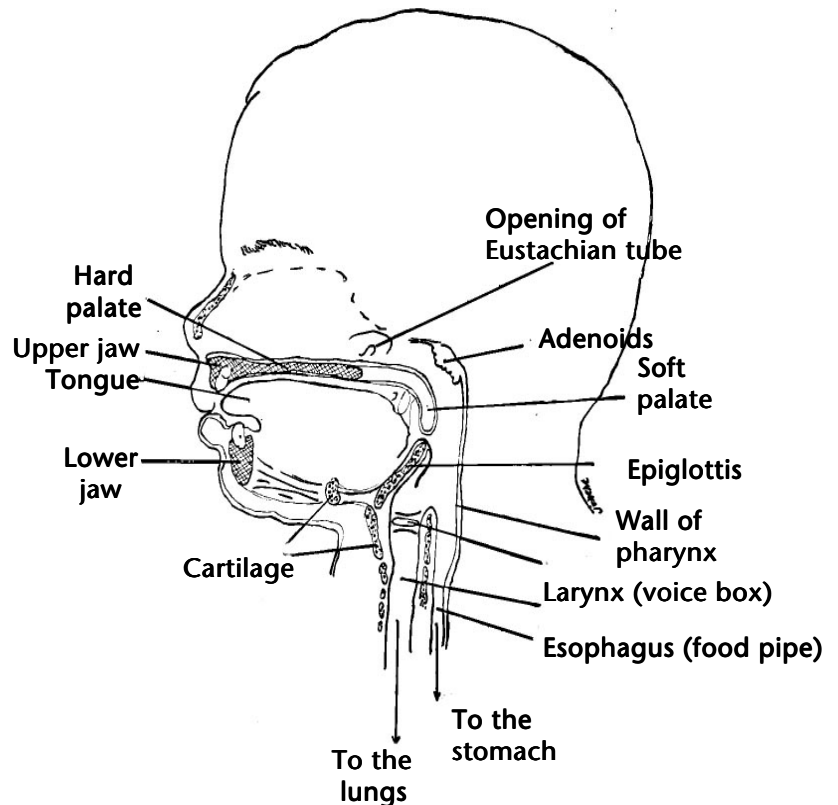
Please Note: Patients who are more than 30 minutes late for their appointment will need to be rescheduled.

HOW THE TEST IS DONE

- Your child will sit in a chair that looks like a car seat. He or she will usually be fed in the same feeding position that you use at home. The occupational therapist (OT) and the speech pathologist (SP) or the doctor may also want to watch your child eat in other positions.
- Parents and caregivers may watch the test while it is being done. Other children and pregnant women are not allowed in the test room as they should not be exposed to the x-ray.
- The first part of a videofluoroscopic swallow study is an oral motor test. An OT and an SP will look at the way your child uses his lips, tongue, and the muscles in his mouth when he eats (Picture 2).
- The second part of the study is done in the Radiology Department by a radiologist, an SP, and an OT. A nurse may also be present.
- Food used during the test will be mixed with barium (BARE-ee-um). Barium makes the food and liquid show up on the X-ray screen so the doctor, the OT, and the SP can see how well your child chews and swallows. The barium may make the food taste a little different.
- Your child may be given several types of food and liquid during the test. Please bring small amounts of foods that your child both likes and dislikes.
- There will be a large X-ray camera on one side of your child and a large X-ray table on the other side of him (Picture 1, page 1). When the X-ray machine is turned on, it will make a clicking noise. The camera will record how your child eats and drinks. The doctor, the OT, and the SP will watch how the muscles in your child's mouth and throat move the food and liquid when the child is drinking, chewing, and swallowing.
- The entire process usually takes about 2 hours. It does not hurt your child.
- If you have any questions during the test, please ask the radiologist or the therapists.

AFTER THE TEST

- You will be sent home with the first of the findings and recommendations.
- It takes 24 to 48 hours for the full report to be completed. Your child's doctor will then receive the test results and will discuss them with you. If necessary, we will teach you about the foods and liquids that are recommended for your child.
- You may notice a small amount of white barium in your child's bowel movements after the test. (It may look like chalk.) This will go away as the barium moves all the way through the bowels.



Picture 2 Inside a child's mouth and throat.

If you have questions before the test or need to change the appointment, please call: Nationwide Children's Hospital Speech Pathology Department at (614) 722-3975.