

# Having a Video Fluoroscopy

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**Author:** Lead Radiographer  
**Department:** Radiology  
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## What is a video fluoroscopy?

A video fluoroscopy is a moving X-Ray image of swallowing recorded on DVD that allows an individual's swallow to be viewed in real time, slow motion or frame by frame. It is an essential diagnostic tool for the assessment and management of people with swallowing difficulties

## Your video fluoroscopy examination

Your doctor or speech & language therapist has referred you for a video fluoroscopy. This will give you an indication of the way in which you swallow. You may have some of the following symptoms:

- Coughing on liquids and/or foods.
- Frequent chest infections.
- Discomfort in your throat while eating / drinking
- Inability to eat certain foods such as meat or crumbly dry food.
- Weight loss.

## What does it involve?

The video fluoroscopy team comprises of consultant radiologists, radiographers and specialist speech and language therapists.

You will be introduced to the team members who will guide you through the x-ray.

You may either stand or sit throughout your examination, wheelchairs are easily accommodated in the department.

The x-ray department may provide you with a gown or apron to protect your clothes from spillage.

You will be given a range of consistencies to drink and eat mixed with a special liquid which shows up on x-ray.

We will modify what we give you according to your problem.

The team will explain what is happening – please do ask questions.

The therapist may ask you to try various techniques to see if they help with your swallow such as changing the position of your head.

## What will it show?

- How well you manage to swallow food and drink.
- How you are managing food in your mouth, such as whether you can chew effectively and how your tongue moves food and drink around the mouth.
- It enables a detailed objective examination of swallowing on a range of food and fluid consistencies.
- If anything gets stuck in your throat and if so where and what can be done to help you.
- If any food and drink goes down the wrong way.
- The safest way you can manage your eating and drinking.
- Ways in which we can help improve your swallowing.

## Do I have to do anything special?

No. There is no need to make any special preparation. You can eat and drink normally before your examination. It is important for you to take your medication as usual.

## What are the risks and benefits?

There is exposure to external radiation during this procedure. However, the use of radiological investigations is an accepted part of medical practice, justified in terms of clear clinical benefits to the patient, i.e. assisting a diagnosis, which should far outweigh the small radiation risks.

Please ask if you have any concerns.

## Can I still have this examination if I wear a pacemaker?

Yes. There is no problem with this.

## Female patients only

This examination must be carried out within 10 days of the start of your last period. If you have missed a period or think you may be pregnant, please contact the x-ray department.

## What will happen next?

### If you are an inpatient:

The speech and language therapist and/or the medical team will discuss the results with you as soon as they are known. A report will be written and included in your medical notes

### If you are an out-patient:

You may have a further appointment booked with the speech and language therapist to discuss the results. We will liaise with your referring doctor/therapist to decide on the best management plan for you. A written report will be sent to your doctor

### Any further questions:

**If you have any further questions, please feel free to phone the number below or ask a member of the team on the day.**

There may be students present during your consultation as part of their on-going training. Please let the staff know if you wish to be seen by a qualified professional only.

Fluoroscopy Department  
Radiology Department  
Telephone 0151 676 5756

Whiston Hospital  
Warrington Road,  
Prescot, Merseyside, L35 5DR  
Telephone: 0151 426 1600

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