

# Videofluoroscopy

## What is a videofluoroscopy?

A videofluoroscopy is a moving x-ray of swallowing. You do not need to fast before the x-ray.

## Why should I have a videofluoroscopy?

- to see how food and drink moves through your throat
- to check if food and drink is going into your lungs
- to help the speech pathologist work out the safest food and drink for you

## What happens during the videofluoroscopy?

- you will sit next to the x-ray machine
- the speech pathologist will give you food and drink to swallow
- the food and drink will have barium in it
- barium is not harmful to you
- the x-ray should take around 15 minutes
- the x-ray will be recorded

## **What happens after the videofluoroscopy?**

The speech pathologist will recommend if you need to

- change the food and drink you have
- use strategies or exercises to help you swallow
- have special equipment to help you eat or drink

## **Are there any risks?**

- there are low levels of radiation in the x-ray
- low levels of radiation are not harmful

## **Where is the videofluoroscopy done?**

- Medical Imaging, ground floor of Building A (main hospital)  
St Vincent's Hospital
- Appointments are on Monday afternoons

Talk to your speech pathologist for more information.

Your speech pathologist is:

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