

For further information please contact:

Speech Pathology Service

Telephone (07) 4690 4052



**ST VINCENT'S
PRIVATE HOSPITAL**
TOOWOOMBA

A FACILITY OF ST VINCENT'S HEALTH AUSTRALIA



VIDEOFLUOROSCOPIC SWALLOWING STUDIES

St Vincent's Private Hospital Toowoomba

Telephone (07) 4690 4000

Web address www.svpht.org.au

Scott Street
TOOWOOMBA QLD 4350

Acknowledgements: Speech Pathology Australia Clinical
Guidelines – Dysphagia & Videofluoroscopic Swallow Study

This education tool was developed in partnership with SVPHT
Consumers.

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An instrumental assessment of swallowing

INFORMATION FOR PATIENTS AND CARERS

Do you need an INTERPRETER?

The hospital provides a free,
confidential interpreting service.
Please ask your doctor or nurse to
organise one for you.

HA BISOGNO DI UN INTERPRETE? L'ospedale offre un servizio interpreti gratuito e
confidenziale. Chieda al Suo medico o alla Sua infermiera di organizzarLe un interprete

¿NECESITA UN INTÉRPRETE? El hospital le ofrece un servicio de intérpretes gratuito y
confidencial. Por favor, solicite a su médico o enfermera que lo organice.

ΧΡΕΙΑΖΕΣΤΕ ΔΙΕΡΜΗΝΕΑ? Το νοσοκομείο παρέχει δωρεάν, εμπιστευτική υπηρεσία
διερμηνείας. Παρακαλείστε να ζητάτε από το γιατρό ή νοσοκόμο σας να κανονίζει διερμηνέα
για σας.

TREBA LI VAM TUMAČ? Bolnica pruža besplatnu i poverljivu službu tumača. Molimo vas,
upitajte vašeg liječnika ili medicinsku sestru da vam to organiziraju.

ДА ЛИ ВАМ ТРЕБА ПРЕВОДИЛАЦ? Болница пружа бесплатне, поверљиве услуге
преводиоца. Замолите свог лекара или медицинску сестру да вам обезбеде преводиоца.

QUÍ VỊ CẦN THÔNG NGÔN VIÊN KHÔNG? Bệnh viện cung cấp dịch vụ thông ngôn
miễn phí và kín đáo. Xin yêu cầu bác sĩ hay y tá sắp xếp thông ngôn viên cho quý vị.

您需要傳譯員嗎?
本醫院提供免費而保密的傳譯服務。請要求您的醫生或護士為您安排傳譯員。

TERCÜMANA İHTİYACINIZ VAR MI? Hastanemiz ücretsiz ve gizlilik ilkesine bağlı tercümanlık
hizmeti sunmaktadır. Doktorunuz veya hemşirenizden size bir tercüman temin etmelerini rica
ediniz.

MA U BAAHAN TAHAY TURJUMAAN? Isbitaalku wuxuu bixiyaa adeeg turjumaan oo lacag
la'aan ah, qarsoodina ah. Fadlan weydii dhaqtarkaaga ama kalkaaliyahaaga inay turjumaan kuu
ballamiyaan.

هل أنت بحاجة إلى مترجم؟ نقدم المستشفى خدمة ترجمة مجانية وسريّة. الرجاء الطلب من طبيبك أو الممرضة الترتيب لمترجم
لأجلك.

Your Speech Pathologist has recommended a Videofluoroscopic Swallow Study to further investigate your swallowing function.

A VFSS may be indicated for a number of reasons, including:

- Identification or highlighting of characteristics suspicious of dysphagia.
- More information is required to diagnose the swallowing difficulty, determine the cause and recommend exercises or strategies to improve the swallow.

Videofluoroscopic Swallow Study (VFSS)

VFSS is an X-Ray of swallowing and is known as the 'gold standard' for the assessment of oral-pharyngeal dysphagia. It is a moving X-Ray picture that shows the movements of your mouth and throat during swallowing. It allows the Speech Pathologist to clearly see how food/fluid passes through the throat and whether food/fluid enters the airway/lungs.

The aim of the study is to:

- Obtain objective information regarding swallowing structures and how they move.
- Determine swallow safety and efficiency – whether any food/fluid enters the lungs.
- Identify compensatory strategies.
- Determine the appropriate diet and fluids.
- Assist in the planning of dysphagia exercises/ rehabilitation (if required).
- Assist in identifying the cause (particularly if swallow presentation is not explained by clinical examination).



What happens when you have a VFSS?

- A Radiographer and a Speech Pathologist will be present for the X-Ray.
- As instructed by the Speech Pathologist, you will be asked to eat and drink while the X-Ray is being recorded. Multiple pictures will be taken at a time and will be played back like a video.
- A contrast will be mixed into a variety of appropriate drinks and/or food so that it can be clearly seen in the X-Ray image.
- The contrast products used at SVPHT are *Omnipaque & Barium*.
- No need to fast for the study.
- The procedure is recorded so that it can be analysed, the Speech Pathologist will be able to discuss some preliminary results with you after the study.
- It is expected the procedure will take at least 30 minutes.
- Some private health insurers do not cover the entire fee charged by QLD X-Ray. Please ask your Speech Pathologist if there will be an out of pocket expense.

For more information:

- Contact a Speech Pathologist
- Talk to your doctor.