



VIDEO SWALLOW

Patient: _____ Appointment Date: _____

Appointment Time: _____ am/pm

Location: Diagnostic Imaging Department, lower level at Mankato Clinic
1230 East Main Street, Mankato, MN 56001
Please enter the Mankato Clinic front door (marked #50)

Please check in at the Diagnostic Imaging Department.

If you are unable to keep your appointment or have questions, please call (507) 389-8570.

What is a/an Video Swallow?

A video swallow test examines your mouth and throat using Fluoroscopic imaging.

How do I prepare for the test:

- Before scheduling your test, please tell your provider if you are pregnant or think you may be pregnant.
- There are no dietary restrictions for this exam. You do not need to fast prior to the exam, however, infants and young children should be hungry to ensure cooperation with eating the foods.
- We recommend that you contact your insurance company prior to your appointment to understand what your coverage is for this test.
- If you wear a glucose monitor, you will be required to remove it prior to your scan for your own safety. If appropriate, you may request to have your scan scheduled to coordinate with the next replacement date of your monitor.
- To provide our best services and safety practices to you during your visit, we respectfully ask that young children do not attend parental appointments and we appreciate your understanding.

What will happen during the test:

- This test will be done by a radiologist who is a physician specializing in medical diagnosis by x-ray, a speech pathologist who is trained in the anatomy and physiology of swallowing, and a technologist, who is an expert in the use of x-ray equipment.
- You will be positioned on a chair that can tilt, raise/lower, and move on wheels so that you can be positioned properly in the fluoroscope equipment.
- You will be asked to eat foods that contain barium so that the food can be seen on x-ray. You will also be asked to drink liquid barium of different thicknesses (i.e. honey, nectar, and thin).
- The radiologist and speech pathologist will use the fluoroscopy to watch the way you chew and swallow your foods.

Instructions for after your test:

- The barium may color your stools slightly white for the next day or two. You can resume your regular diet immediately after the exam, unless told otherwise by your provider.
- The radiologist and speech pathologist will determine your swallowing safety and make recommendations including alterations in diet consistency and textures as well as speech therapy for feeding intervention.
- Your test will be reviewed and read by a Radiologist.
- The final signed report will be sent to the provider that ordered your test.
- Your test results will be available in your patient portal immediately after your provider reviews them. Your provider will discuss the results with you at your follow-up appointment. If you do not have a follow-up appointment, your provider will contact you by letter or phone within five to seven business days.