

# Having an X-ray test to assess your swallowing (videofluoroscopy)

Radiology Department  
Information for Patients

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## Introduction

If you are an outpatient, please read your appointment letter carefully. Check which hospital your appointment is at.

**Please read all of this leaflet.** It tells you about your X-ray test and has important information.

## Important information

Please contact the Radiology Department if you:

- **think there is any chance you may be pregnant**
- **need an interpreter**

The phone number is at the back of this leaflet.

## What is a videofluoroscopy test?

Videofluoroscopy (pronounced vid-ee-oh-floor-oss-cop-ee) is a special X-ray test.

It makes a short video from lots of small X-ray pictures.

This shows what happens when you swallow liquid or solid food.

Your doctor has decided this is the best test to help understand your swallowing problem.

## How do I get ready for the X-ray test?

- You do not need to do anything special to get ready.
- You can eat and drink as usual on the day.
- **You should take your medicines as usual** unless told differently by your doctor.

## What happens during the X-ray test?

- When you arrive at the Radiology Department, you will be shown to the waiting area.
- We will take you into the X-ray room and talk about your X-ray test.
- You can ask any questions that you have.
- You will sit next to the X-ray machine.
- We will ask you to swallow small amounts of a **special liquid called contrast**. The contrast shows up on X-rays. The liquid may be:
  - **Gastromiro** - a clear, colourless liquid, or
  - **Barium** - a white chalky liquid

We can make the liquid thicker or thinner depending on the problems you have swallowing.

- We will ask you to move into different positions. We will take X-ray pictures when you are swallowing the Gastromiro or Barium liquid.

## Important information about Gastromiro contrast

Gastromiro contrast has iodine in it.

### Please tell the X-ray staff when you arrive if you:

- **are allergic to iodine or rubber (latex)**,
- have any other allergies
- have asthma.
- **have had a reaction in the past to a contrast liquid injected into a vein (intravenous contrast)**. This is the dye used for kidney X-rays, CT scanning and X-rays of your heart and blood vessels.

## Who will be doing the X-ray test?

- A **radiographer** will move and control the special X-ray machine. They are trained to take X-rays.
- A **Speech and Language Therapist** will give you food and drink for you to swallow during the test.
- A **nurse or assistant** may be there to help.
- A **student** may be in the room to learn. If you do not want this, please tell us.

## How long will it take?

The test usually takes **20 to 30 minutes**.

The time will vary slightly for each patient.

## **What happens afterwards?**

If you are an outpatient, you can go home after your test.

If you are staying in hospital as an inpatient (overnight stay), you will be taken back to your ward.

You will be told what you may eat or drink.

If you were given barium to drink:

- your poo may look white or pale for a few days. This is normal.
- you should drink plenty of water over the next 24 hours (1 day). This helps the barium pass through.

## **How do I get the results?**

Your X-ray pictures will be looked at by:

- a doctor who specialises in X-ray test (a radiologist), and/or
- a Speech and Language Therapist.

We may be able to give you some information about your results straight away.

We will send the full report to your GP or referring consultant.

You may also have to see your doctor or consultant for more details at a later date. We will tell you about this after your X-ray test.

If you are an inpatient when you have your test, the results will go to the doctors looking after you on the ward.

## **What are the risks from exposure to radiation in this test?**

The main risk from exposure to X-rays is a higher risk of getting a cancer in the future. This risk is thought to be very small.

We are all exposed to natural background radiation every day of our lives. This comes from the sun, food we eat, and the ground. Each test that uses X-rays gives a dose on top of this natural background radiation.

The benefits of this test are likely to outweigh any possible risks. The risks of not having the test could be greater. We try to keep your exposure to X-rays as low as possible.

## What if I need to talk to someone?

If you have any queries about the test, you can call:

### Speech and Language Therapy Team

Leicester Royal Infirmary:

Tel: **0116 258 5363**

If you have any other questions or concerns, or cannot make your appointment, please call:

### Radiology Department:

Tel: **0116 258 8765**

Choose **option 7**

Lines open Monday to Friday - 9am to 5pm, but not on bank holidays.

## Any questions?

If you have any questions you can write them down. This is to remind you to ask when you come for your treatment.

Health information and support is available at [www.nhs.uk](http://www.nhs.uk) or call 111 for non-emergency medical advice

Visit [www.uhleicester.nhs.uk](http://www.uhleicester.nhs.uk) for maps and information about visiting Leicester's Hospitals.

To give feedback about this information sheet, contact [uhl-tr.informationforpatientsmailbox@nhs.net](mailto:uhl-tr.informationforpatientsmailbox@nhs.net)

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸے دوسرے زبان ਵਿੱਚ چاہੁੰਦੇ ਹੋ، ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

إذا كنت ترغب في الحصول على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો.

If you would like this information in another language or format such as EasyRead

or Braille, please telephone 0116 250 2959 or email [uhl-tr.equalitymailbox@nhs.net](mailto:uhl-tr.equalitymailbox@nhs.net)

**We are a research hospital and you may be asked to take part in research**