



FEES

Fibreoptic Endoscopic Evaluation of Swallowing

What is FEES?

A FEES is a test that looks at your swallowing.

You do not need to stop eating and drinking before the test.

Why should I have a FEES?

- 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 FEES

- A small tube will be passed through your nose and into your throat
- The tube has a camera on it that is connected to a TV
- The speech pathologist will give you food and drink to swallow
- Sometimes a doctor or a nurse will be there to watch or help
- The test should take around 15 minutes
- The test will be recorded

What happens after the FEES?

The speech pathologist will recommend if you need to:

- change the food and drink you have



- use strategies or exercises to help you swallow

You can ask to watch the recording of your test.

Are there any risks?

Uncommon risks include:

- Nose bleed
- Fainting
- Gagging

You may feel uncomfortable when the tube goes through your nose.

Where is the FEES done?

FEES is conducted at a number of different locations. Your Speech Pathologist will confirm where your appointment is.

Your Speech Pathologist is: _____

Your appointment is:

Date: _____ **Time:** _____

Location: _____