



# Videofluoroscopy

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## What is a videofluoroscopy (VFSS)?

A videofluoroscopy or VFSS is a moving x-ray of swallowing. You do not need to stop eating and drinking before the x-ray.

## Why should I have a VFSS?

- 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 VFSS?

- 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 makes food and drinks easy to see on the x-ray
- Barium is not harmful to you
- The x-ray should take around 15 minutes
- The x-ray will be recorded



## What happens after the VFSS?

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 VFSS done?

Medical Imaging – Ground Floor

Building A – Main Hospital

St Vincent's Hospital Melbourne

**Your Speech Pathologist is:** \_\_\_\_\_

**Your appointment is:**

**Date:** \_\_\_\_\_ **Time:** \_\_\_\_\_

**Location:** \_\_\_\_\_