



## REMINDER

### Videofluoroscopy/Modified Barium Swallow Study

#### Description of Issue and Importance

**Videofluoroscopy (VFS) or Modified Barium Swallow Study (MBSS):** A moving x-ray study that is useful in evaluating how food/liquid moves from the mouth to the esophagus (food tube). A physician orders this type of test to evaluate, diagnose and treat specific swallowing problems.

VFS or MBSS allows the professional to actually see the food/liquid being swallowed; it provides information that cannot be obtained from a clinical (bedside or tableside) examination of the individual.

A VFS or MBSS is recommended for people with suspected swallowing disorders in order to rule out aspiration or airway obstruction. This test is often done when there are suspicions noted in the bedside or tableside evaluation.

- **Clinical signs of swallowing difficulties include: coughing, choking, gagging, color changes, congestion, weight loss, failure to thrive, or low body temperature.**

#### Recommended Action and Prevention Strategy

- Use adaptive equipment as instructed.
- Position the individual according to plan, both during and outside of mealtimes. This plan includes while sleeping as individuals can choke and/or aspirate on their saliva.
- Provide diet texture and fluid consistency as instructed.
- Watch for coughing, choking, gagging, color changes, congestion, weight loss, failure to thrive, or low body temperature.
- Discuss any signs/symptoms with health care providers and other team members.

# HEALTH & SAFETY REMINDER

## Videofluoroscopy/Modified Barium Swallow Study

### FACT SHEET

## References

*American Speech-Language-Hearing Association. Videofluoroscopic Swallowing Study (VFSS). Retrieved 10/12/2015 from:  
<http://www.asha.org/public/speech/swallowing/Videofluoroscopic-Swallowing-Study/>*

*Bonnie Martin-Harris, Bronwyn Jones (2008) The Videofluorographic Swallowing Study. U.S National Library of Medicine. National Institutes of Health. Retrieved 10/12/2015 from:  
<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2586156/>*