



Office Endoscopic Evaluation of Swallowing

Purpose, Indications, Contraindications

Flexible endoscopic evaluation of swallowing (FEES) is a test used for people who have trouble swallowing. The indication of this test is difficulty swallowing (dysphagia).

Contraindications for this test include patients who cannot sit upright, or if for some reason cannot have a flexible endoscope scope passed through the nose. This may be due to comfort.

Pre-procedure considerations

It is important to remain relaxed during the procedure. This will help minimize your discomfort. Although it is not necessary, it may be helpful to avoid eating immediately before this test. In order to undergo this test, you will need to be able to sit upright (in a chair or bed).

Summary of Procedure

FEES is typically performed in the office. A flexible scope is passed through the nose, which allows your provider to see inside your throat. While watching your throat, you will be given food and liquids of various consistencies to eat and drink. These food items are marked with food coloring to make it easier to see where the food goes during the test. The provider will watch you swallow and make note of locations and reasons of the swallowing difficulty. The scope is then removed, and the results of this test can then be shared with you.

Post-procedure guidelines

You may resume your normal activities. If it was difficult to pass the scope through the nose then a minor nosebleed might be expected. You should check with your provider to confirm.