



## **Videofluoroscopic Swallow Study (VFSS)**

### **Modified Barium Swallow Study (MBSS)**

#### **Purpose, Indications, Contraindications**

Video fluoroscopic evaluation of swallowing (VFSS) is a test used for people who have trouble swallowing. The indication for this test is difficulty swallowing (dysphagia). This test is not performed for people who cannot sit upright or cannot follow instructions.

#### **Pre-procedure considerations**

It is important to remain relaxed during the procedure and follow the speech pathologist's instructions. Although it is not necessary, it may be helpful to avoid eating immediately before this test. If you know of specific foods that cause or trigger your swallowing problem, you may want to bring a sample of that food along with you to use during the test.

#### **Summary of Procedure**

VFSS is typically performed in the Radiology Department of a hospital, usually by a speech pathologist. X-rays of your swallowing will be taken. A white paste (made from a substance called barium) is used to coat the different food items so that they show up on the X-ray. The provider will watch you swallow and make note of reasons and degree of swallowing difficulty. The results of this test can then be shared with you by the speech pathologist.

#### **Post-procedure guidelines**

Because the barium paste used during the test is not digested by the body, you may see that your body passes it when you go to the bathroom. This is normal and not a cause for alarm.