

Fibreoptic Endoscopic Evaluation of Swallowing (FEES)

Speech and Language Therapy

Introduction

Speech and Language Therapists are experts in the assessment and treatment of swallowing problems (dysphagia). You have been referred to the Speech and Language Therapist (SLT) because you have had some difficulties swallowing as a result of surgery or a medical condition.

The aim of this leaflet is to explain the benefits of having the examination and what to expect during your appointment.

What is Fibreoptic Endoscopic evaluation of swallowing?

Sometimes the Speech and Language Therapist needs detailed information about how you swallow and you may need a more accurate swallowing test, using a camera that goes through your nose to look at your throat. This is called a FEES (Fibreoptic Endoscopic Evaluation of Swallowing) and Speech and Language Therapists have specialist training in this procedure.

During FEES, the Speech & Language Therapist uses a very small tube like camera with a light on the end. This is called an endoscope. The endoscope is flexible, and connects to a computer and video monitor or screen. Your swallowing test is usually recorded so that it can be watched again later.

The benefits of having a FEES

When you have a bedside swallowing test the Speech and Language Therapist cannot see what is happening inside your mouth and throat. FEES can help the Speech and Language Therapist find out:

- If food or saliva is going into your airway instead of your stomach, called aspiration
- What parts of your mouth and throat may not be working well
- What kinds of food are safest for you to swallow
- If certain positions or strategies help you swallow better

Who will be there during the test?

There will be a team of two people present during your test. This team will be made of two Speech and Language Therapists, or an expert Speech and Language Therapist and another member of the care team. Extra members of the healthcare team or your carers may observe the procedure. The equipment needed for the FEES can be moved to different places, which means that it may be done at your bedside or you may go to an office or clinic to have it done.

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- **Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available**
- **If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111**
- **Keep the environment clean and tidy**
- **Let's work together to keep infections out of our hospitals and care homes.**

Is there any preparation for the test?

There is no preparation necessary for this test. If you are eating and drinking then you may continue to do so right up until the FEES is carried out.

What happens during the test?

You will be seated or propped up in bed so that you are comfortable. The tube will be gently inserted through your nose and will bend to look into your throat. You will be given some things to eat and drink. Food dye may be added to improve the view of your swallowing. The Speech and Language Therapist can see a picture of your throat on the computer screen and can watch the food / drink as it passes through. The test normally takes around 10-15 minutes. You can refuse to have the test. You can ask the Speech and Language Therapist to stop at any time during the procedure and the camera will be removed immediately.

Are there any risks during the procedure?

FEES is a safe test with very few problems reported, however if you have a history of nose bleeds or fainting please let your Speech and Language Therapist know prior to the exam. FEES can cause mild to moderate discomfort as the scope is inserted but once it is in position this feeling normally improves. Anaesthetic cannot be used as it may numb the throat and affect the swallow.

What happens after the test?

The Speech and Language Therapist will tell you about the results of the test and you may even watch the video so you can see the test yourself.

The Speech and Language Therapist will use the results to plan your treatment and if indicated, will talk to you about what kinds of food and drink are the safest for you. Results of the test will be fed back to the healthcare team and a written report will be added to your medical notes.

If you have any questions about the clinic or the procedure, contact:

Name:

Department:.....

Tel:

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。