

**SWALLOWING AWARENESS DAY | 13 MARCH 2024**

# **EATING, DRINKING AND SWALLOWING DIFFICULTIES: HOW ARE THEY ASSESSED?**

## **Clinical examination:**

The speech and language therapist (SLT) takes a detailed history about your difficulties and then observes you eating and drinking.

## **Videofluoroscopy:**

This is a moving x-ray which shows a video of you swallowing. The SLT mixes barium with food and drinks and is able to see how it moves through your mouth and throat as you swallow.

## **Fibreoptic endoscopic evaluation of swallowing (FEES):**

A thin flexible camera is placed into your nose and moves to the back of your nose where it meets your throat. From here the SLT can see your throat and upper airway while you swallow.

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