

## What is a modified barium swallow study?

A modified barium swallow study is an X-ray video that shows how your child swallows various foods and liquids. The study provides detailed information on how safely your child can eat and drink. It will show if any food or liquid is moving toward or entering your child's lungs.



## How does a "cookie swallow" test differ?

A modified barium swallow study and a cookie swallow are exactly the same test. Other names for this test include video fluoroscopic evaluation or cine-swallow study.

## How much radiation will my child be exposed to?

During the test, your child will be exposed to very little radiation. The radiology staff will closely monitor the study to ensure that your child is only exposed to the minimum amount of radiation. The study will have no negative impact on your child's health.

## Will I be able to stay with my child?

Parents will be invited to attend the study; however, for safety reasons we ask that siblings and other family members wait in the lobby. Pregnant mothers cannot remain in the room with the child, but may watch from a window. In such a case, please bring another person familiar to the child, so that someone can be with him/her during the study, if needed.

## Why does my child need a modified barium swallow study?

Your child may be showing signs of having difficulty swallowing.

These signs include:

- A wet sounding voice,
- Frequent coughing or clearing of his or her throat
- A change in breathing while eating
- Recurrent respiratory infections

## Is special preparation needed for this study?

Your child may be scheduled at a time that is a regular meal or snack time for him/her, so don't feed prior to the study unless your child is very hungry, in which case, feed lightly.

## What should I expect?

As you walk into the radiology suite, you will see the X-ray table with a chair for your child, the X-ray machine and a television screen. Your child's speech pathologist, X-ray technologist, and radiologist will be in the room. During the study, you may be asked to help calm or feed your child.

## The day of the study:

Please arrive 20 minutes early at the Main Entrance of Harris Hospital. Let the receptionist know you are coming in for a modified barium swallow study. She will register your child and direct you to Radiology. Your speech pathologist will meet you in the Radiology waiting area to collect the food and utensils you provide for the study and begin the study.

## What should I bring with me?

You will be asked to bring small amounts of food and liquids that your child enjoys, as well as food or liquids that your child has difficulty eating or drinking, along with any special spoons, sippy cups, nipples or bottles that he or she uses.

## How long will the test take?

The test itself will take less than 15 minutes. However, time is needed to prepare the room, seat your child in the chair and discuss the test results. You should allow 45 to 60 minutes for the entire process.

## Is my child awake during the test?

Yes. The test causes no discomfort. No medication or sedatives are needed. It is important that your child be awake and alert so he or she can eat or drink as usual.

## What should I watch for after the test?

The modified barium swallow test has no side effects, so you will not need to watch for any signs of distress after the test.

## When will I learn the results of the test?

In most instances, your speech pathologist will review the results with you immediately after the test. Sometimes, however, she may want to take a closer look at the video and will need to call you with the results.

## Will my insurance pay for the treatment?

Contact your insurance company to find out if your coverage includes modified barium swallow studies.