

Fibreoptic Endoscopic Evaluation of Voice and/or Swallowing

You have been given an appointment to attend the Voice/Swallowing Clinic. This is a clinic coordinated by Morag Inglis and Liz Gould, Speech & Language Therapists. This information sheet provides you with some information about the clinic.

1. Why have I been given an appointment in the clinic?

You have been referred to the Speech & Language Therapy department because you have had some difficulties with voice and/or swallowing or have had surgery or other treatment that may affect your voice/swallowing. The speech & language therapists are trained to assess and treat voice and swallowing problems. This examination will help plan your therapy and give you useful feedback as to what happens during voicing or swallowing.

2. What happens during the assessment?

A team of two people will carry out the examination. This team will be made up of two speech and language therapists. You will be asked to sit in a comfortable chair. If you are currently in hospital, the assessment will be carried out while you are in bed or sitting in a chair. A small, flexible fibreoptic camera or “endoscope” will be placed into one nostril and moved through your nose. When the end of the endoscope is positioned just beyond the back of the nose, a clear view of your throat is obtained. You will be able to see your throat (including your vocal cords) on the television monitor if you choose. If you have a problem with your voice you will be asked to make sounds and try out some therapy techniques whilst the examination is being recorded. If you have a swallowing difficulty, you will be given some food and liquid to swallow. This is dyed with a small amount of blue food dye to enable a clear view of your swallowing. Your swallowing will be observed and recorded for analysis at a later time.

3. When will I know the results?

You will be given some basic feedback and advice immediately after the procedure. However, detailed results will only be available when a report has been written. The report will be sent to you, your doctor and a copy will be filed in your medical notes.

4. Is the procedure safe? Is it uncomfortable?

The procedure is safe and rarely has side effects. At times the passing of the endoscope through the nose causes mild to moderate discomfort. Once the endoscope is positioned above the throat, any discomfort usually recedes.

5. How long will it take?

The procedure itself takes approximately 10 to 15 minutes. For outpatients, the clinic generally runs on time although you may experience a small delay. Your patience in these circumstances would be appreciated.

6. Can I eat before my appointment?

Unless you have been advised otherwise, you can eat and drink as normal before your appointment.

7. What happens afterwards?

You can return to the ward or go home immediately after the appointment. If appropriate, a follow-up appointment will be made for you to see the speech & language therapist to discuss the results in more detail, and to give you further advice and exercises to help your symptoms. You may also have an appointment made for you to attend the outpatients department.

If you have any questions about the clinic or the procedure, call *Morag Inglis* or *Liz Gould*, Speech and Language Therapists on 01905 733904 (Monday to Friday 9am-4pm).