

## Speech and Language Therapy

# Fibreoptic Endoscopic Evaluation of Swallowing (FEES)

Your Speech and Language Therapist or doctor has referred you for further investigation of your swallowing. It is recommended that you have a Fibreoptic Endoscopic Evaluation of Swallowing (FEES) to obtain further information about your swallowing difficulty.

### What is a FEES?

The FEES will be carried out by two Speech and Language Therapists. They will ask you about your swallowing problem, look at the movements in your mouth and throat muscles and then examine your swallowing.

A FEES involves passing a small, flexible endoscope (small camera) into one nostril, along the floor of the nose to look down into your throat and voice box. You will be given some food and/or drink (which may be dyed green or blue to enable us to see it). After the procedure you will be able to see your throat and swallowing on the television monitor if you choose.

### How long will it take?

The camera will be in your throat for around 10 minutes. After the assessment the Speech and Language Therapist will watch the video of your swallow in slow motion and provide you with feedback about your swallow. This all usually happens on the same day. You will be asked to sign a form to give your consent for this procedure before it begins.



## Patient Information

### **Can I eat and drink before the examination?**

Unless you have been advised otherwise, you can eat and drink as normal before your appointment. If you are currently feeding through a tube, you can take your feeds as normal up until your appointment time. It is important that you inform the Speech and Language Therapist of any food allergies.

### **Is the procedure safe? Is it uncomfortable?**

This is normally a safe procedure. At times, the passing of the endoscope through the nose causes some discomfort. There is also a small risk of a nose bleed. Once the endoscope is positioned in the throat, any discomfort usually stops.

## **Further Information**

**If you have any mobility problems or if you have any further questions, please contact:**

- Speech and Language Therapy team on 02476 965709 or ext. 25709 for inpatients.
- Head and Neck Cancer Speech and Language Therapists on 02476 966449 or ext. 26449 for inpatients

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 5709 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

#### **Document History**

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