University Hospitals
Coventry and Warwickshire
NHS Trust

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 function. It is recommended that you have a Fibreoptic Endoscopic Evaluation of Swallowing (FEES) to get more information about your swallowing difficulty.

What is a Fibreoptic Endoscopic Evaluation of Swallowing (FEES)?

The FEES will be carried out by 2 speech and language therapists. They will ask you about your swallowing problem, look at the movements of 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 allow us to see it. After the procedure, you will have the option to see your throat and swallowing on a television monitor if you would like to.

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 your swallowing video in slow motion and provide you with feedback. This usually happens on the same day.

Can you eat and drink before the examination?

Unless advised otherwise, you may eat and drink as normal before your appointment. If you are currently using a feeding tube, you can take your feeds as normal until your appointment. It is important that you inform the speech and language therapist of any food allergies.

Is the procedure safe?

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

Further information

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

- Speech and language therapy team: 024 7696 5709 or ext. 25709 (for inpatients).
- Head and Neck cancer speech and language therapists: 024 7696 6449 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.

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