

Department of Speech and Language Therapy

Fibreoptic Endoscopic Evaluation of Swallowing (FEES)

You have been given an appointment for a FEES. This is an assessment of your swallowing and is carried out by the speech and language therapist. This sheet gives you more information about the examination.

Why have I been given an appointment for a FEES?

You have been referred to the speech and language therapy department because you have had some difficulties swallowing.

What will happen?

Either two speech and language therapists or a speech and language therapist and a doctor will carry out the examination. A small flexible endoscope will be passed through one nostril. When the endoscope is in position at the top of your throat a clear view of your swallowing action can be seen. You will be given some food or liquid to swallow. We may colour this with blue food colouring to help us see better.

The examination will be recorded to allow us to analyse the pictures and discuss them with you.

What are the benefits of having a FEES?

The speech and language therapists are trained to assess and treat swallowing problems. The FEES examination allows us to look at your swallowing in more detail to see how you swallow different foods or drinks. We are able to directly view the entrance to your food pipe and your airway. This examination is particularly useful to see if food/drink is going down the wrong way without making you cough. If necessary, we can try techniques to help you swallow more easily.

Is the procedure safe? Is it comfortable?

The procedure is extremely safe with a low risk of complications or side effects. At times, passing the endoscope through the nose causes mild to moderate discomfort. Once the endoscope is in position above the throat any discomfort usually recedes.

When will I know the results?

We will give you some information and advice immediately after the procedure. However detailed results will only be available when a report has been written.



How long will it take?

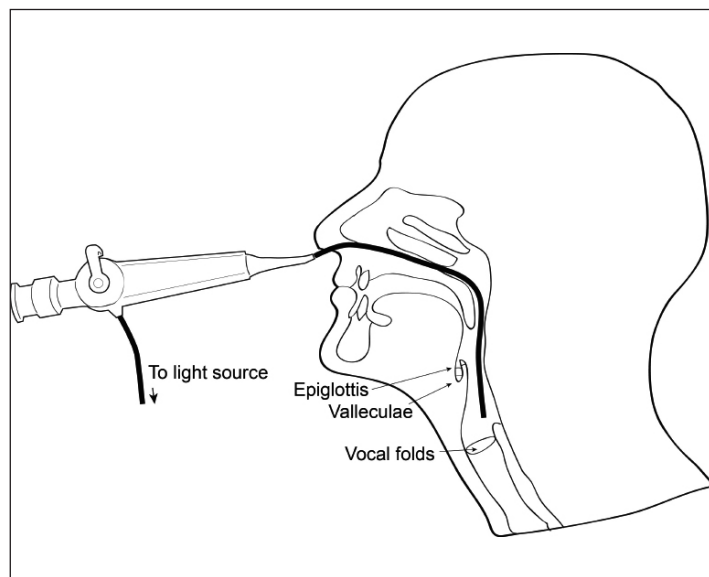
The procedure will take approximately 10–15 minutes. If necessary we will offer you a further appointment to discuss the results of the examination.

Are there any alternatives to the procedure?

Yes, you may choose not to have the procedure, or in some cases it may be possible to offer an alternative examination whereby the swallow is assessed by X-ray.

If you have any further questions about this procedure, please telephone the department of speech and language therapy at The Christie on **0161 446 8046**.

Extent of scope position in throat



Example picture of flexible scope



If you need information in a different format, such as easy read, large print, BSL, braille, email, SMS text or other communication support, please tell your ward or clinic nurse.

We try to ensure that all our information given to patients is accurate, balanced and based on the most up-to-date scientific evidence. If you would like to have details about the sources used please contact patient.information@christie.nhs.uk

For information and advice visit the cancer information centres at Withington, Oldham or Salford. Opening times can vary, please check before making a special journey.

Contact The Christie Hotline for
urgent support and specialist advice
The Christie Hotline: 0161 446 3658
Open 24 hours a day, 7 days a week

