

Fibreoptic Endoscopic Evaluation of Swallowing (FEES)

Patient Information Leaflet

Liverpool University Hospitals
NHS Foundation Trust

Speech and Language Therapy
University Hospital Aintree
Lower Lane
Liverpool. L9 7AL
Tel: 0151 529 4986

Why have I been referred to this clinic?

You have been referred to the Speech and Language Therapist because of the difficulties you are experiencing with swallowing.

The FEES examination enables us to assess your swallowing with different food consistencies / textures and liquids whilst observing with a camera.

It also enables us to try different techniques that may help you swallow more effectively.

What happens during the assessment?

- A team of two Speech and Therapists will carry out this investigation, though a nurse or other health professional may be present.
- You will be seated comfortably in a chair or in bed if you cannot sit out of bed.
- A small flexible camera will be inserted into one nostril and advanced along the floor of your nose into your throat.
- This enables a view of your larynx (voice) which you can observe on a screen, if you wish.
- You will be given clear instructions throughout the investigation regarding speaking and swallowing food and /or liquids.
- This will be dyed blue or green so it is possible to trace against the pink lining of your throat.
- Your swallowing will be recorded for analysis.

When will I know the result?

You will be given some information and appropriate advice following the procedure. A written detailed report will be sent to the Doctor who referred you to us.

Is the procedure uncomfortable? Is it Safe?

At times passing of the scope through the nose will cause mild to moderate discomfort.

Once the scope is positioned above the voicebox, any discomfort usually reduces.

Discomfort can be reduced by the application of a local anaesthetic to the nose prior to the scope being passed, although this is rarely necessary.

The anaesthetic also widens the space in the nose enabling the scope to be passed more easily.

If anaesthesia is required a small cotton swab soaked in anaesthetic will be placed into the front part of the nose and removed before the examination.

A spray is not normally used as this may numb your throat.

Are there any risks involved?

- Mild/moderate nasal discomfort
- Epistaxis (nose bleeds)
- Vasovagal response (fainting). This is unusual but may be caused by high levels of anxiety.

- Reflex Syncope (fainting) caused by direct stimulation of the nasal/pharyngeal/laryngeal (vocal tract) lining.
- Allergy to topical anaesthesia, if used.
- Laryngospasm (reflex spasm of muscles in throat) which may cause choking/coughing.

How long will it take?

The procedure takes approximately 10 – 15 minutes although this can vary either way depending on the problem.

Can I eat before my appointment?

Unless you have been advised otherwise you can continue to eat and drink as usual. If you are feeding through a tube, you can continue your feeds up to the appointment.

What happens afterwards?

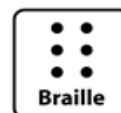
If you are an inpatient you will be returned to the ward. If you are an outpatient you will go home.

A follow up appointment will be given to you to discuss the results in more detail and to monitor any advice given.

You may require swallowing exercises to improve function.

Who do I contact if I have questions or concerns?

Please contact the Speech Therapy Department on **0151 529 4986**.



If you require a special edition of this leaflet

This leaflet is available in large print, Braille, on audio tape or disk and in other languages on request. Please contact:

Tel No: 0151 529 0320

Email: interpretationandtranslation@aintree.nhs.uk