



# 3 Phase Swallowing Study

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## What is a 3 phase swallowing study?

Your child's doctor ordered a radiology test called a "3-phase swallowing study". This test focuses on your child's mouth and tongue to make sure they are moving correctly when your child swallows. During the test your child will eat food and drink liquid that have been mixed with contrast (dye).

A **radiologist** is a medical doctor who specializes in the reading and interpretation of X-rays and other medical images.

The dye will enable the doctor to see how your child swallows different liquids and foods. A Radiologist and a speech therapist will perform the test together. A swallowing study is performed in the radiology department using fluoroscopy, which is a type of real-time x-ray (it is like a video x-ray). The test does use radiation to get the pictures. The amount of radiation used is very small. The radiology Department at C.S. Mott Children's Hospital uses special techniques and equipment in order to decrease the dose of radiation to the minimum amount needed to perform the study.

## How will I prepare my child for the test at home?

Your child will need to fast (not eat) before the study. Children age 2 and under will fast for 3 hours. Children older than age 2 will fast for 5 hours. It is okay to drink water during this time. Your child does not need to wear any special clothing for this test. You may want to have your child wear clothing that you don't mind getting dirty, as some of the contrast (or dye) used for the study can stain if it accidentally gets on your child's clothes.

## **How is the 3 phase swallowing study performed?**

The test takes place in the radiology room (called a “Fluoroscopy room”). One parent or caregiver will be allowed to be in the room with the child for the entire time. The X-ray technologist will show you where you can stand during the test. Please follow the directions carefully so that everyone stays safe during the contrast enema. If you are assisting your child at the bedside you will be asked to wear a lead apron. Parents who are pregnant or think they are pregnant will not be allowed in the room

## **What will happen during the test?**

- Your child will sit upright in a special padded chair. If your child is too young to sit on their own, they will be secured into the chair with a Velcro seatbelt.
- To your child’s left, there will be a movable camera. The radiologist will move the camera to take the correct pictures. To your child’s right, there will be a flat upright table that is also part of the camera unit.
- Once your child is in the correct position either you or the speech therapist will feed your child small amounts of either food or liquid while the radiologist takes pictures with the camera.
- During the test, the radiologist and the speech therapist may talk to each other about what they are seeing. They may leave the room in order to view the images on a special TV screen so they can decide the next step.

## **What is the parent’s role during the test?**

Sometimes, it is easier and more comfortable for your child if you help to feed them during the study. Together, you and the speech therapist will decide on the best way to feed your child for the study. As the parent, you can be a great source of support for your child. Talking to your child during the study will help him/her feel comfortable and relaxed. We encourage you to ask questions

both before and after the study. If you have questions during the study, it is helpful if you can save them until after the study is finished.

### **How will I care for my child after the test?**

It is important to make sure your child drinks lots of water for the rest of the day. Sometimes you or your child may notice that your child's poop is white for 1-2 days. This is normal. It is just the remaining contrast coming out.

Please make arrangements with the ordering physician to get the results of your child's test.

### **I have more questions about the test. Who can I call?**

Pediatric Radiology Nurse (734) 936- 7907.

Child Life Specialist (734) 232- 6744

We are available Monday-Friday between 8am-4pm.

Disclaimer: This document is for informational purposes only and is not intended to take the place of the care and attention of your personal physician or other professional medical services. Talk with your doctor if you have Questions about individual health concerns or specific treatment options.

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