

Fibreoptic Endoscopic Evaluation of Swallowing (FEES)

Patient information

Fibreoptic Endoscopic Evaluation of Swallowing (FEES)

You have been advised that a FEES assessment of your swallow will help us to investigate your swallowing problems in more detail. This is a procedure co-ordinated by the Speech and Language Therapy team. This information sheet provides you with some information about the assessment.

Why do I need this assessment?

You have been referred to the speech and language therapy department because you have had some difficulties swallowing or have had surgery or other treatment that may affect your swallowing. The speech and language therapists are trained to assess and treat swallowing problems. The FEES examination enables us to assess your swallowing. It also enables us to try different foods and/or different techniques to help you swallow more effectively.

What happens during the assessment?

A team of two people will carry out the examination. This team will usually be made up of two speech and language therapists. Other members of staff, such as a physiotherapist or doctor may also be present.

If you are currently in hospital, the assessment will be carried out while you are in bed or sitting in a chair. A small, flexible endoscope will be placed into one nostril and moved through your nose. When the end of the endoscope is positioned just beyond the back of the nose, a clear view of your throat is obtained. You will be able to see your throat (including your vocal cords) on the television monitor if you choose.



When will I know the results?

You will be given some basic feedback and advice immediately after the procedure. However, detailed results will only be available when a report has been written. The report will be sent to your doctor and a copy will be filed in your Health Records.

Is the procedure uncomfortable?

At times the passing of the endoscope through the nose causes mild to moderate discomfort. Once the endoscope is positioned above the throat, any discomfort usually recedes.

Is the procedure safe?

The procedure is considered to be safe and rarely has side effects.

How long will it take?

The procedure takes approximately 15- 30 minutes.

Can I eat before my appointment?

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.

What happens afterwards?

If appropriate a follow-up appointment will be made for you to discuss the findings of the assessment in more detail with the speech and language therapist. You may be given advice and exercises to help make your swallowing easier or safer.

Contacts

If you have any questions about the assessment or the results, please contact the Speech and Language Therapy team on 0191 445 2599.

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Data Protection

Any personal information is kept confidential. There may be occasions where your information needs to be shared with other care professionals to ensure you receive the best care possible.

In order to assist us to improve the services available, your information may be used for clinical audit, research, teaching and anonymised for National NHS Reviews. Further information is available in the leaflet Disclosure of Confidential Information IL137, via Gateshead Health NHS Foundation Trust website or the PALS Service.

This leaflet can be made available in other languages and formats upon request