



Adult Swallowing Function Study (OPES)

Diagnostic Radiology (Outpatient)

Welcome:

We would like to welcome you to OSF Saint Francis Medical Center Diagnostic Radiology Department.

You have been scheduled to have a video swallowing test. This is a diagnostic procedure using fluoroscopy (a form of x-ray). This test is also called a cookie swallow.

The information contained in this pamphlet will help you understand the test that has been scheduled.

*** Please do not schedule this test for at least 3 days after any other barium tests.**

When to Come, Where to Park, and Where to Go:

Please arrive 45 minutes before the time of your test.

What to Bring with You:

You may have had x-rays done at a hospital other than OSF Saint Francis Medical Center. Please bring copies of the films with you the day of the test. You may also request that the doctor's office send the films or results to us at the hospital before your test.

Prep:

Nothing to eat or drink 4 hours before the test.

Jewelry:

Please remove all jewelry from your head, mouth, and neck before the test.

PREGANCY TESTING POLICY

It is the policy of OSF Saint Francis Medical Center to conduct pregnancy tests on female patients having a CT, MRI, Nuclear Medicine, PET, Angiography, or X-ray exams of the abdomen area. This policy is to avoid potential harm to an unborn baby as a result of the radiation or medications given during the exam.

A pregnancy test is required prior to the procedures listed above and should be ordered by your physician if you are a female:

- Between the ages of 12 and 50 and have not had a hysterectomy
- Less than 12 years old and are having menstrual periods
- Over age 50 and having menstrual periods

The pregnancy test must be done within three days prior to your exam at any OSF Saint Francis facility. Home pregnancy tests are not acceptable.

If you have your pregnancy test done the day of the procedure:

- Arrive 30 minutes earlier if you are scheduled at any OSF Out Patient locations.
- Arrive 60 minutes earlier if you are scheduled at Saint Francis Medical Center main campus hospital

If you know that you are pregnant please notify your physician.

Medications:

You may take medications with 2 to 3 sips of water.

Allergies:

You may receive contrast as part of the test. Contrast is something given to let a part of the body be seen on X-ray. The contrast in this test is called barium. If you have any known allergies to iodine or X-ray contrast, please contact your ordering doctor. You may need to take special medications before having this test.

Test Instructions:

You may be asked to wear a hospital gown for your test. Your test will take about 30 minutes. A registered X-ray technologist will help the Radiologist and speech pathologist with your test. You will sit upright in a chair next to an X-ray tower.

A Radiologist will begin the procedure by asking you to drink a liquid called barium. The barium will be given to you in different consistencies and textures by a speech pathologist. Barium allows your swallowing to be seen on x-ray. The Radiologist will video tape as the barium goes through the mouth and as you swallow. The speech pathologist and the Radiologist will review the video test.

Test Results:

Your test will be read by a Radiologist (doctor specializing in medical imaging). The Radiologist will give a report that will be typed and sent to your doctor. You can make plans with your ordering doctor on how to receive your test results (such as a follow-up doctor's appointment, calling the doctor's office, etc.).

After Test Instructions:

You are urged to drink extra fluids for 1 to 2 days after a barium test. Your stools may be light in color and chalky. This is from the barium. If your bowel movements are not normal within 24 hours, contact the doctor who ordered the test for more instructions.