

# Fiberoptic Endoscopic Evaluation of Swallowing (FEES)

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## What is FEES?

FEES stands for Fiberoptic Endoscopic Evaluation of Swallowing. This is a test that allows your doctor and your speech therapist, also called a speech language pathologist (SLP) to find out why you have trouble swallowing.

A thin, flexible tube called a scope is put in through your nose to look at your throat as you swallow.

## What is it for?

The test will help your doctor, your SLP and you plan what types of food and liquids are safest for you to swallow. Your SLP will also use the test to find ways to help you swallow more easily and safely.

- Tell your SLP if you have any food allergies or diet restrictions. If there are any foods that give you problems when you eat them, tell the SLP before the test.
- If you are having this test as an outpatient, you are welcome to bring any specific foods that have caused you problems with swallowing.

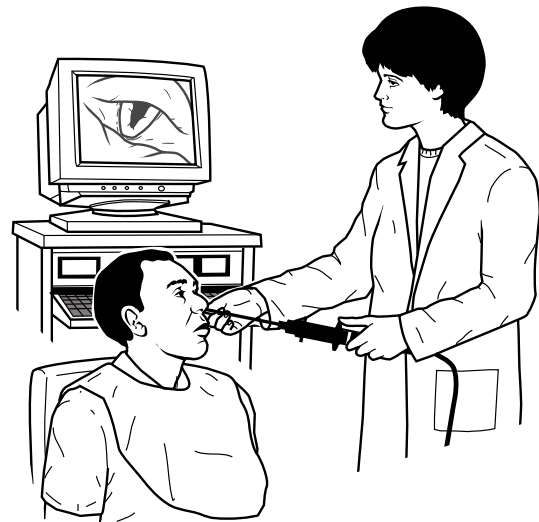
## How is the test done?

The test may be done in a treatment room or in your hospital room. Before you have the test, your SLP will talk with you and check you to be sure you will be able to do the test safely. He or she will ask you some questions and check the strength of your lips, tongue and jaw.

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**This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.**

- Your SLP will place a scope into your nose to your throat. You may feel some discomfort as the scope is passed, but it should just last a few seconds. There is a slight chance that it may cause a nosebleed.
- Different liquids and food will be given to you to chew and swallow. The food and liquids may be colored to make them easier to see. Your SLP will tell you when to chew and swallow as he or she watches the pictures of your swallow on the screen.
- You may be asked to turn your head, hold your breath, cough or take smaller bites to help find what makes it easier for you to swallow.
- You may drink liquids and eat foods, such as pudding, fruit or a cookie during the test. Other food and liquids may be tried based on your swallowing problem.



## **After the test**

Your SLP will review the test to check any other problems with your swallowing. The results will be shared with your doctor along with ideas about what and how you should eat and drink.

Your SLP will also review the results with you. You will be given a swallowing plan and any special materials you may need to help you with your swallowing problem. Your SLP may also recommend a referral to an ENT (ear, nose, and throat doctor) based on your test results.