

# Fibreoptic endoscopic evaluation of swallow (FEES)

**You have been referred for a fibreoptic endoscopic evaluation of swallowing (FEES) by your speech and language therapist. This sheet provides you with information about the assessment.**

## Why have I been referred for FEES?

You have been referred because you have had some difficulties swallowing or have had surgery or other treatment that may affect your swallowing. 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 be made up of a speech and language therapist and a doctor, two speech and language therapists or a speech and language therapist with another member of the team. A small, flexible endoscope (camera on a tube) 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.

You may be given some food and liquid to swallow. This is dyed with a small amount of blue or green food colouring to enable a clear view of your swallowing. Your swallowing will be observed and recorded for analysis at a later time.

## 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 medical notes.

## Is the procedure safe? Is it uncomfortable?

The procedure is safe and rarely has side effects. 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.

## How long will it take?

The procedure takes approximately 15-20 minutes.

**If you have any questions about the clinic or the procedure, call your speech and language therapist on 0118 322 5205 or email [rbft.speechlanguage@nhs.net](mailto:rbft.speechlanguage@nhs.net) (Monday to Friday).**