

# Modified Barium Swallow

## Modified Barium Swallow

In a Modified Barium Swallow, you ingest foods and liquids containing barium sulfate, a contrast dye that sharply outlines your mouth, throat, and esophagus on x-ray film. Using real-time x-rays, or fluoroscopy, a physician and a speech pathologist observe the movement of the barium through these structures on a television monitor.

## Reason for the Procedure

Modified barium swallow is specifically aimed at evaluating the swallowing process in individuals who have difficulty speaking or swallowing food without inhaling, or aspirating, it into the windpipe. Identifies the cause of difficult or impaired swallowing (dysphasia). Helps determine the most appropriate treatment or management techniques for swallowing problems. Spot x-ray films may be taken of specific abnormalities, and the entire procedure may be recorded on videotape for later viewing.

## Preparing for the Procedure

There is no preparation for this procedure.

## During the Procedure

- You will be seated in a chair in front of the fluoroscopy machine.
- You will consume a barium-containing meal. The consistency of the items in the meal varies, ranging from thin liquid to semisolid foods (for example, applesauce) or solid foods (such as a cookie).
- As you swallow different amounts of the meal items, the radiologist uses fluoroscopic imaging to observe the swallowing process on a television screen in order to determine which foods are difficult for you to swallow and which structures are responsible for the problem. The swallowing process may be observed at normal speed or in slow motion.
- Other than chewing and swallowing, you must remain still during the procedure. A speech pathologist is present during the test to evaluate your swallowing ability and, if possible, to suggest some possible corrective actions.
- The test usually takes from 30 minutes to 1 hour depending on the findings.

## After the Procedure

You may leave the facility when your procedure is complete and resume your normal diet and activities. Drink plenty of fluids to help eliminate the barium from your system.

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## You have an appointment for Modified Barium Swallow:

DATE: \_\_\_\_\_

TIME: \_\_\_\_\_

ARRIVAL TIME: \_\_\_\_\_

\_\_\_\_ Clarion Facility

Please use emergency room entrance and register at admissions desk.

\_\_\_\_ Belmond Facility

Please use main entrance and register at admissions desk.

For questions or more information, call 641-444-3500 for Belmond,  
or 515-532-9353 for Clarion.

