

Fiberoptic Endoscopic Evaluation of Swallow (FEES) Clinic

You have been given an appointment to attend the FEES Clinic run by the Speech and Language Therapy Department. This information sheet provides you with information about the clinic.

Why have I been referred for FEES?

You have been referred for FEES because you have some difficulties with swallowing. FEES enables us to examine your swallowing and your throat in detail.

Speech and Language Therapists are trained to assess and treat swallowing problems and some throat symptoms. This examination will help us plan your therapy and give you useful feedback as to what is happening.

What is FEES and what will happen during my appointment?

FEES uses a small, flexible fiberoptic camera or “endoscope”. This will be placed into one nostril and moved carefully through your nose. The camera will rest just beyond the back of the nose with a clear view of your throat.

The procedure will be carried out by two Speech and Language Therapists. It will take place in the Ear, Nose and Throat Department or on the ward. You will be seated, unless already in a hospital bed. The procedure will last 10-20 minutes though your appointment may be up to an hour to allow time for discussion.

During the procedure you will be asked to carry out some tasks so we can assess how the structures in your throat move. You will be given some food and drink to swallow. This is dyed with a small amount of food dye to help it show up easily in your throat. The pictures from the camera will be recorded to be reviewed and analysed at a later time.

Do I need to bring anything with me to the FEES appointment?

Please bring with you any special cups or feeding utensils that you may use to help you with your eating and drinking. If there are specific foods that you find difficult to swallow and you would like to try, you can bring these with you. Remember to wear your dentures if you normally have these in when you eat and drink.

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 you and your doctor, and a copy will be filed in your medical notes.

Is the procedure painful? Is the procedure safe?

The passing of the endoscope through the nose may cause mild to moderate discomfort for some people. Once it is in place above the throat, any discomfort stops.

The procedure is extremely safe with a low risk of complications or side effects. There is a small chance of nose bleeds, feeling faint or feeling tightness in your throat. The amount of food and

drink you will be given is carefully controlled, however due to your swallowing difficulties there is a risk that some of the food/drink may go the 'wrong way' into your lungs.

Can I eat before this procedure?

Yes you can eat and drink before this procedure unless you have been advised otherwise.

What happens afterwards?

You can go home immediately after the appointment. If you are in hospital you will stay on the ward. If you require follow up an appointment will then be made with Speech and Language Therapy to provide on-going support with your symptoms.

What if I have any questions or concerns?

If you have any questions about the clinic or the procedure, call the Speech and Language Therapy Department on the numbers below.

Sources of information

www.esht.nhs.uk/service/speech-and-language-therapy/

Speech and Language Therapy contact numbers:

Speech and Language Therapy 0300 131 4541

Important information

This patient information is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the Patient Experience Team – Tel: 0300 131 4731 (direct dial) or by email at: esh-tr.patientexperience@nhs.net

Hand hygiene

The trust is committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

Other formats

If you require any of the Trust leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department.

Tel: 0300 131 4434 Email: esh-tr.AccessibleInformation@nhs.net

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

Reference

The following clinicians have been consulted and agreed this patient information:

Anita Smith Consultant Speech and Language Therapist
Karen McInally, Clinical Specialist Speech and Language Therapist
Mr Paul Kirkland, ENT Consultant and Thyroid Surgeon

The Clinical Specialty/Unit that have agreed this patient information leaflet:
Speech and Language Therapy Department

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Responsible clinician/author: Anita Smith (Consultant Speech and Language Therapist)

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