

## What You Should Know If Your Child Has Been Scheduled for a Swallow Study

Swallow Studies take place in the **American Family Children's Hospital** on the **first floor** in the **Radiology Pavilion** (which is near the Guest Depot). A Speech Pathologist along with a Radiologist will complete the study.

A family member or caregiver is encouraged to stay in the x-ray room to make it easier for the child. You can bring toys that make them comfortable.

The swallow study uses X-ray. Caregivers who are pregnant and siblings *cannot* be in the room with the child/patient. If you are in this situation, another person who is familiar with the child should also come to the study to be with the child during the active X-ray portion of the study.

***Instructions to Parents:*** Your child should be hungry and thirsty for the swallow study. Usually withholding a meal about 2-3 hours before the arrival is long enough. If your child is also having an Upper GI/Esophogram study, they cannot eat or drink for at least 4 hours before the test.

**Medications** *should* be given at their regularly scheduled times, unless your doctor suggests otherwise.

**What to bring: A typical meal for your child.** Depending on your child's age and feeding experience, the meal may include a sampling of:

1. **Liquid:** A typical amount of formula/milk/juice that your child takes at a feeding/meal.
2. **Foods that are typical of what your child eats.** We would like to look at different consistencies/textures your child eats – puree, lumpy, chopped, soft solids, and hard solids.
3. **A food that your child has difficulty with** (\*if appropriate).
4. **Feeding equipment** that your child uses, such as: pacifier, bottle, nipples, cup, spoon, straw, thickener for liquids (\*if appropriate).