

# Videofluoroscopic Swallowing Study (VFSS) Patient Instructions

-----  
WEEKS or DAYS before your appointment:  
-----

- **Preparation:** You must follow ALL INSTRUCTIONS in this letter. Your doctor has been notified of your appointment.
- **Take your weight:** Contact Diagnostic Imaging at the number provided above if your weight is over 400lbs.
- **Arrange childcare:** For safety reasons, children cannot accompany you in procedure rooms and cannot be left unattended.
- **Arrange a support person:** An adult support person is welcome to accompany you to your appointment.
- **Know if you're pregnant:** If you're pregnant, consult with your doctor before proceeding with your appointment.
- **Consult your diabetes care provider:** If you're taking diabetes medications or using Insulin Pump Therapy, consult your diabetes care provider before your appointment. [www.ipumpit.ca](http://www.ipumpit.ca)

-----  
HOURS before your appointment:  
-----

## Children (17 years and younger) 2 Hours Before

- Stop eating and drinking 2 hours before your appointment.

## Adults (18 years and older)

- No fasting is required. You may continue to eat and drink normally.

-----  
BRING to your appointment:  
-----

- Any medication you may need during your appointment.
- Healthcare card.
- Picture identification.
- Eyeglasses, hearing aid(s), and mobility aid/device.
- Patients with diabetes - insulin and glucometer
- Green sleeve that includes your Goals of Care (GOC) Designation Order form if you have one.

## Children (17 years and younger)

- Something to drink (formula, milk, or juice).
- Solid foods you enjoy eating.
- Solid foods that are harder for you to swallow.
- Utensils used for eating and drinking (nipples, bottles, cups, spoons, forks)

## Adults (18 years and older)

- You may be asked to bring food that is hard to swallow.

-----  
DO NOT bring:  
-----

- Leave valuables at home, including jewelry or piercings.
- Limit the number of items you bring to your appointment.

-----  
AT your appointment:  
-----

- **Consent is required:** A legal representative (parent or alternate decision maker) must be available (in person or by telephone) to provide consent for all patients under the age of 18, or any patients that do not have the capacity to make health care decisions.
- You will be provided with a hospital gown to change into.
- You will be asked to eat and drink different types of food and liquid that contain contrast. Contrast helps make them visible on x-rays as they move from your mouth to your stomach.
- Your appointment may take up to 1.5 hours.