

# Fiberoptic Endoscopic Evaluation of Swallowing

## *What to expect*

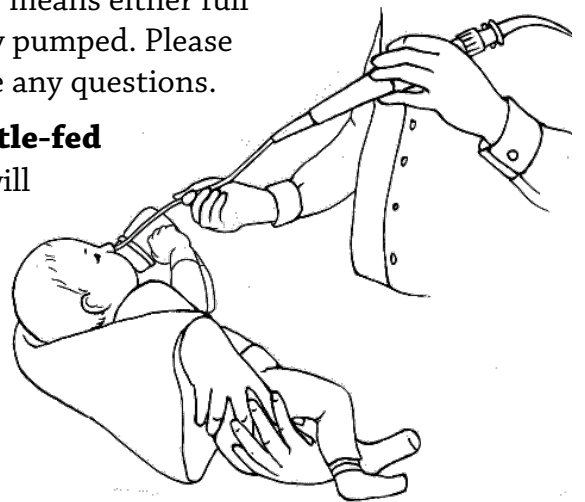
*This handout explains how to prepare and what to expect during your baby's fiberoptic endoscopic evaluation of swallowing (FEES).*

## What is fiberoptic endoscopic evaluation of swallowing?

*Fiberoptic endoscopic evaluation of swallowing (FEES) is an exam that looks at how your baby swallows liquids. It uses a small-size endoscope. An endoscope is a thin, flexible tube that has a bright light and a camera on the end. This camera allows the doctor to see inside your baby's nose and throat.*

## How will you prepare for the exam?

- We will not feed your baby for at least 2 hours before the exam. We want your baby to be hungry.
- Nurses will remove your baby's *nasogastric* (NG) tube for the exam.
- **If your baby will be breastfed for this exam:** Mom should be ready to feed on her pumping schedule, based on your baby's current feeding plan. This means either full flow, pre-pumped, or fully pumped. Please ask your nurse if you have any questions.
- **If your baby will be bottle-fed for this exam:** A nurse will prepare your baby's usual bottle at bedside. A speech-language pathologist will add green food coloring to the bottle. This helps the doctor see what happens to the milk when your baby swallows.



*The camera on the endoscope lets the doctor watch what happens when your baby swallows.*

## What happens during the FEES?

- The equipment and the doctor will come to your baby's room.
- We will ask you about your baby's medical history and eating habits.
- During the exam, your baby will be held in their usual feeding position. If you are breastfeeding, we will help you position your baby for nursing.
- The doctor will then pass the scope through your baby's nose and look inside their nose and throat.
- We will then feed your baby. We will watch the food travel down your baby's throat. The camera will record a video that we can replay later.
- After the feeding is done, the doctor will remove the scope.

## How do we get the results?

After the exam, we will replay the video. We will review any findings with you and advise you about your baby's diet, as needed.

## Does the test hurt?

Your baby may show signs of discomfort as the scope is moving in their nose. The scope does not cause pain, but it is normal for a baby to cry. Once the scope is in place, most babies feel comfortable enough to drink.

*This material has been reviewed by clinical staff at Seattle Children's Hospital. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's care provider.*

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### Questions?

If there is something you do not understand, please ask questions. Every question you ask is important!

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