

# Modified Barium Swallow

A modified barium swallow is a motion picture x-ray that looks for swallowing problems in your mouth and throat. The test checks what types of foods and liquids are safe for you to swallow.

**If you are breastfeeding, pregnant, or think you might be, tell the staff before the x-ray is taken.**

**Arrive on time for your test.** Plan on being here for about 1 hour. The test takes about 15-30 minutes.

## **During the Test**

- In the x-ray room, you sit in a chair.
- You are given different foods and liquids to chew and swallow. The food is covered with barium. Barium lets the food and drink you are swallowing be seen on x-ray.
- You may be asked to turn your head, sit back, hold your breath, cough or take small bites during the test.

# **Liqidda Barium ee Wax laga Beddelay**

Liqidda barium ee wax laga beddelay waa raajo sawir soconaya oo eegaya dhibaatooyinka liqidda afkaaga iyo dhuunta. Baaritaanku wuxuu hubinayaa waxa ay yihiin noocyada cuntooyinka iyo cabitaannada ammaanka kuu ah inaad liqdo.

**Haddii aad naas nuujiso, aad uur leedahay, ama ay kula tahay in aad yeelanayso, shaqaalaha u sheeg ka hor inta aan raajada lagaa qaadin.**

**Wagtiga ku imow marka lagu baarayo.** Qorshayso in aad halkaan joogeysa ilaa 1 saac. Baarintaaku wuxuu qaadanayaa ilaa 15-30 daqiiqadood.

## **Wagtiga Baaritaanka**

- Qolka raajada, waxaad ku fadhiisan doontaa kursi.
- Waxaa lagu siinayaa cuntooyin iyo cabitaanno kala duwan si aad u ruugto aadna u liqdo. Cuntada waxaa lagu daboolayaa barium. Barium waxay cuntada iyo cabitaanka aad liqeyso u oggolaanaysaa in raajada laga dhex arko.
- Waxaa laga yaabaa in lagu weydiisto in aad madaxaaga rogto, gadaal u fadhiisato, neefta ceshato, qufacdo ama aad kabbasho sameysid waqtiga baaritaanka.

## **After the Test**

- The speech therapist will discuss your test results with you and show you ways to make swallowing safer.
  - Positions when you eat
  - Types of food or drink that are safest for you to swallow
  - Ways to thicken liquids if needed

**Talk to your doctor or nurse if you have any questions or concerns.**

## **Baaritaanka ka Dib**

- Daaweeyahaaga hadalka ayaa kaala hadli doona natiijooyinka baaritaanka kuna tusi doona siyaabaha liqidda looga dhigi karo mid ammaan leh.
  - Meel habboon kuu dhigaya markaad wax cunayso
  - Noocyada cuntada iyo cabitaanka kuugu ammaanka badan in aad liqdo
  - Siyaabaha cabitaannada loo ballaariyo haddii loo baahdo

**La hadal dhakhtarkaaga ama kalkaalisada haddii aad wax su'aalo ama walaac ah qabtid.**

Modified Barium Swallow. Somali.

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