

# 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 to 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.

## 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.**

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