

# 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.**

# Esofagograma modificado con contraste de bario

Un esofagograma modificado con contraste de bario es una radiografía en movimiento que detecta problemas para tragar en la boca y la garganta. El examen comprueba qué tipos de alimentos y líquidos son seguros para que usted trague.

**Si está amamantando, embarazada o cree que pudiera estarlo, avísele al personal antes de que le tomen la radiografía.**

**Llegue puntualmente a su examen.** Planifique estar aquí alrededor de 1 hora. El examen dura aproximadamente 15 a 30 minutos.

## **Durante el examen**

- Se sienta en una silla en la sala de radiografías.
- Se le dan diferentes alimentos y líquidos para que mastique y trague. El alimento está cubierto con bario. El bario permite que el alimento y el líquido que está tragando se vean en la radiografía.
- Se le puede pedir que gire la cabeza, se recline hacia atrás, sostenga la respiración, tosa o tome pequeños bocados durante el examen.

## **Después del examen**

- El terapeuta del habla conversará con usted sobre los resultados del examen y le enseñará las formas para que tragar sea más seguro.
  - ▶ Posiciones para comer
  - ▶ Tipos de alimentos o bebidas que son más seguros de tragar
  - ▶ Formas de espesar los líquidos si es necesario

**Hable con su médico o enfermera si tiene alguna pregunta o inquietud.**

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Modified Barium Swallow. Spanish.