

You have an appointment to attend the FEES Clinic. This is a clinic co-ordinated by speech and language therapy and this leaflet will give you some information about the procedure and an idea of what to expect when you attend.

What is FEES?

Fibreoptic endoscopic evaluation of swallowing (FEES) is a detailed swallowing assessment using a camera called an endoscope.

What does it involve?

A team of two people will carry out the examination. This is usually two speech and language therapists or a speech and language therapist and a doctor. Other staff members may also be present.

You will be asked to sit upright in a chair or bed. A small flexible endoscope (camera) will be placed into one nostril and moved through your nose until a clear view of your throat is obtained. You will be able to see your throat (including your vocal cords) on the television monitor if you choose to.

You will be asked to do several things, for example say certain sounds, swallow your saliva, eat and drink (if appropriate), with the camera looking at your throat. Food and drink is sometimes dyed with a small amount of blue or green food colouring to enable a clearer view of it during the swallow.

The examination is recorded so that it can be reviewed later to help develop your treatment plan.

What are the benefits?

FEES allows examination of your swallowing and voice box in detail. It enables us to try different foods and/or different techniques that may help you swallow more effectively. It also helps to guide rehabilitation of your swallowing and/or to check swallow recovery after a period of rehabilitation.

What are the risks?

The procedure is very safe. At times, the passing of the camera through the nose causes mild to moderate discomfort. Once the camera is in position in the throat, the discomfort usually recedes.

How do I prepare for this examination?

There is no preparation needed for this examination. If you are already able to eat and drink, you can continue to do so. If you are fed through a tube, this can continue as normal. Please bring any special cups or feeding utensils that you use to help you with your eating and drinking and if there are any specific foods that you find difficult, you can bring these too. Remember to wear your dentures if you normally have these in when you eat and drink.

What happens after the procedure?

The procedure takes approximately 10-15 minutes. You can go home or return to the ward immediately after the appointment. The speech and language therapist will be able to give you some basic information and advice immediately after the procedure. It is likely that a further appointment will then be made with your own speech and language therapist to discuss the results in more detail and provide further advice.

Contact details

Should you have any concerns or further questions, please do not hesitate to contact us:

Speech & Language Therapy Department

Tel: 01342 414471 (With voicemail)

Opening hours (With voicemail) Monday – Friday
8am-5pm

Fibreoptic endoscopic evaluation of swallowing (FEES)

Speech and Language Therapy

Please ask if you
would like this leaflet
in larger print or a
different format.

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