

# Care Gram

## Modified Barium Swallow or “Cookie” Test

**Date of Test:** \_\_\_\_\_ **Test Time:** \_\_\_\_\_

### **Welcome**

Welcome to Licking Memorial Hospital (LMH) Radiology Department. Your doctor has requested a modified barium swallow test. This is also called a “cookie” test or a video-pharyngeal test.

It will be performed by a radiologist, who is a doctor specializing in medical diagnosis by X-ray, and a speech language pathologist (SLP) who specializes in speech, communication, and swallowing problems.

### **How the Test Works**

This test studies how you swallow. It looks at the mouth, throat, opening to the esophagus (the tube that connects the mouth and stomach), and trachea (the tube that connects the mouth and lungs). Typically, X-ray passes through the soft tissues of the body. For this test, you will be asked to drink a mixture called barium. This will help your swallowing show up as clearly as bones do on an X-ray.

### **Allowing Time**

The test usually takes less than 30 minutes, but you should allow more time for your whole visit.

### **Preparation**

There is no special preparation for this test.

### **Your Role**

1. During the test, relax and do what you are asked.
2. If you are pregnant or think you might be pregnant, let your doctor know this before the test begins.

### **Registering**

Please report directly to the Radiology Department on the first floor of LMH. Come to this area 20 minutes before your scheduled test time.

### **During a Modified Barium Swallow Test**

- For this test, you will be asked to remove jewelry, such as a necklace and earrings. The radiographer may ask you a few questions.
- You will be seated in a chair next to the X-ray machine.
- The speech language pathologist (SLP) will give you different foods and liquids to chew and swallow. The food will be coated with a pasty, white barium substance. The foods will be semi-soft and then solid.



**Licking Memorial  
Health Systems**

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Page 1 of 2

- The radiologist will take X-rays while you are chewing and swallowing. The SLP will tell you when to chew and when to swallow.
- During the test, you may be asked to do different things to help you swallow better such as turning your head, sitting back, holding your breath, coughing, or taking small bites.

**After the Test**

The barium may make your stools slightly white for 1 to 2 days. If you have a tendency to be constipated, you may want to ask your doctor to prescribe a laxative. Drink lots of fluids to help flush the barium out of your system. If your doctor has told you not to drink too much, please check with him/her about this.

**Finding Out the Results**

- The radiologist and SLP will review the test together.
- Then, the SLP will send the results to the doctor who ordered the test. The SLP will also make recommendations about what you should eat and drink.
- The SLP will review the results with you, as well as give you a swallowing plan. This will help you know what you can eat and drink, and what you can do to swallow better.

**Reminder**

- If you have any questions about your test, please call (740) 348-4710.
- Go to the Radiology Department on the first floor 20 minutes before the test.