

# 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.

Your test will be performed by a:

- Radiologist – a doctor with special training in medical diagnosis by X-ray
- Speech language pathologist (SLP) – a specialist in speech and swallowing problems
- Radiographer – a specialist in the use of X-ray equipment

### How the Test Works

This test studies how you swallow. For this test, you will be asked to ingest food and liquid containing barium. Barium is a contrast dye used to sharply outline the structures in your mouth, throat, esophagus (the tube that connects the mouth and stomach), and trachea (the tube that connects the mouth and lungs). The doctor and SLP will use X-ray images shown on a screen to observe the movement of barium as you chew and swallow.

### 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 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

- 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.



**Licking Memorial  
Health Systems**

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- The 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.
- The radiologist will take X-rays while you are chewing and swallowing. The SLP will tell you when to chew and when to swallow.
- You may be asked to turn your head, sit back, hold your breath, cough or take small bites, to help you swallow better.

**After the Test**

- The barium may make your stools slightly white for 1 to 2 days.
- Ask your doctor to prescribe a laxative if you have had problems with constipation in the past.
- Drink lots of fluid 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 fluid intake.

**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 also will 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 (220) 564-4710.
- Go to the Radiology Department on the first floor 20 minutes before the test.