

Fiberoptic Endoscopic Evaluation of Swallowing (FEES)

This handout explains how to prepare and what to expect during your child's Fiberoptic Endoscopic Evaluation of swallowing (FEES).

What is FEES?

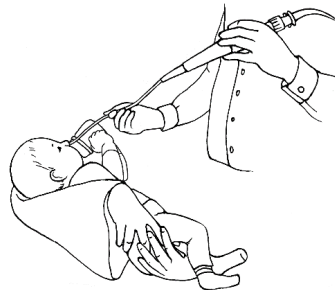
FEES is a test that looks at how your child swallows foods and liquids using a child-size endoscope. An endoscope is a thin, flexible tube that is attached to a bright light and a camera. Our team will talk about the findings with you and make recommendations for your child's diet.

How can I prepare my child?

- Bring your child hungry. Do not feed your child for at least 2 hours before the evaluation.
- Dress your child in comfortable clothing.
- If your child is bottle-feeding, bring a full bottle and an extra empty bottle.
- If your child uses a pacifier, bring a pacifier.

What happens during the FEES?

We will ask you about your child's medical history and eating habits. During the test, your child will be sitting in your lap or seated in their normal feeding position on a chair. We will add a drop of green food coloring to your child's food. If you are breastfeeding, we will position your child for nursing. We may give your child an anesthetic spray in their nose to make the exam more comfortable. The doctor will then pass the scope through your child's nose and look at the structures of their nose and throat. We will then feed your child. We will watch the food travel in your child's throat through the camera attached to the end of the scope. After we complete the feeding and the scope is removed, we will replay the video and review any findings with you.



A scope is passed through your child's nose so the doctors can watch them swallow on camera

Does the exam hurt?

Your child may show signs of discomfort as the scope is moving in their nose. The scope does not cause any pain but it is normal for a child to cry. Once the scope is in place, most children feel comfortable enough to eat and drink.

To Learn More

- Rehabilitation
206-987-2104
- Ask your child's healthcare provider
- seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.



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Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201. This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

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