



Modified Barium Swallow (MBS)

This is a book about getting a Modified Barium Swallow (MBS) test, which takes pictures of the inside of your body while you drink and eat. A lot of people call this test a swallow study. You will go to Phoenix Children's for your swallow study.



It is important not to eat or drink anything before you come to Phoenix Children's for your test. Do you know why? Because to do your test, your stomach needs to be empty. You will get to drink and eat during your test.



When you come inside the building, someone at the check-in desk will ask your grownup questions and show you how to get to the Radiology area.



When you get to Radiology, your grownup will use a tablet to check you in and tell the staff that you are here. You can bring a toy from home to play with while you wait.

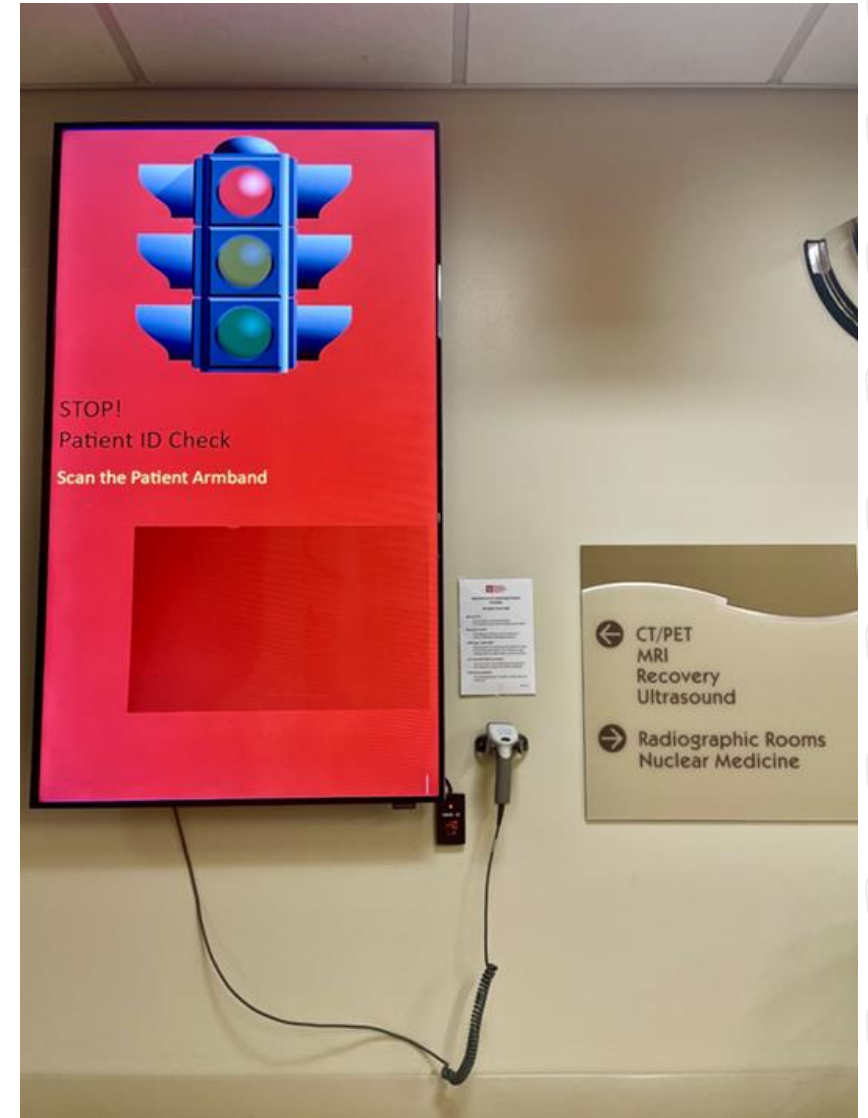


The first time your name is called, you and your grownup will go to the check-in desk and get a bracelet with your name and birthday on it. Then you will go back to your spot to wait for your name to be called again.

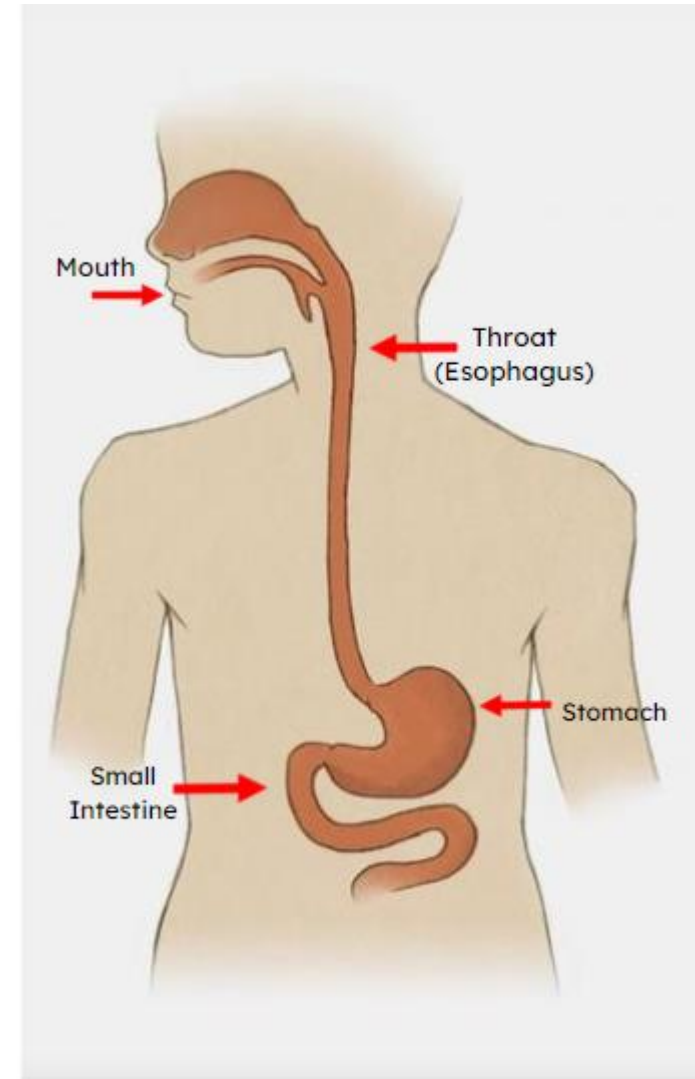


When they are ready to do your swallow study test, staff will call your name again and bring you to a stoplight screen to check your bracelet.

When the stoplight turns green, follow the leader to the next place!



This is the room where the doctor will take x-ray pictures of your body while you drink and eat. These pictures will show how your body swallows to move drinks and food from your mouth to your throat.



You will meet an X-ray Tech. Their job is to help the doctor take your pictures. They will give you a colorful hospital shirt that opens in the back. You will wear this shirt for your swallow study test.



Next, you will meet a speech therapist. They will ask you and your grownup lots of questions about how you eat and drink.



You will sit in a chair for your pictures. There are small chairs and big chairs. Your speech therapist will know which chair is best for you. After you sit down, we will help you put on a seatbelt to keep you safe.



You can ask if your grownup can stay with you during your pictures. If your grownup stays with you, they will wear a special outfit, too.



Now you will meet a doctor called a radiologist. Their job is to take your pictures. The radiologist will move the x-ray camera next to your body to take the pictures of your mouth and throat while you drink and eat. The camera will be close to you, but it will not touch you.



How do you think we will see what you drink and eat in the pictures? We will add special powder, called barium, to the things you swallow so that we can watch how your body moves it from your mouth to your throat. You can ask to pick a flavor for your barium! Your job is to take sips of drinks or bites of food when the speech therapist gives them to you.



While the doctor takes your pictures, you can see the barium move from your mouth to your throat on the TV screen. The barium looks black on x-ray pictures.



After you drink and eat everything and the radiologist takes your pictures, you will change back into your clothes and will be done in the x-ray room. You and your grownup will go to a consultation room to talk to your speech therapist about how your body swallows. You did it!

