

Fibreoptic Endoscopic Evaluation of Swallowing (FEES)

What it is?

Fibreoptic Endoscopic Evaluation of Swallowing (FEES) is an examination to look at your throat in detail and assess your ability to swallow.

Why am I having it?

FEES is used to investigate specific swallowing problems, which may include:

- A sensation of food sticking in the throat
- Coughing/choking on solids or liquids
- Food or drink going down the wrong way

What happens in the examination?

The speech and language therapist will pass a thin flexible tube called a nasendoscope through the nose and down to the throat.

This allows the speech and language therapist to:

- See your nasal cavity, throat and voice box
- Try different techniques to help your swallowing
- You will be asked to eat and drink small amounts of food and drink and to do some speech tasks. This will give the speech and language therapist an idea of how well your voice box (larynx) is functioning.
- Images of your swallowing will be recorded and analysed.



Does it hurt?

Most people find the procedure fine but some people report slight discomfort as the tube passes through the nose. If you cannot tolerate the tube, we may spray a topical anaesthetic into your nose.

How long does it last?

The whole appointment will last up to 60 minutes. The examination itself can last anything from 10-15 minutes to 30 minutes.

After the examination, you can go home straight away.

Can I eat and drink before FEES?

Yes, you can eat and drink normally before and after your appointment.

Do I need to sign anything?

No, you will just be asked for your verbal consent before the procedure is carried out.

This tells us that you are happy for us to do the examination.

What happens after the examination?

Your speech and language therapist will discuss with you what is happening with your swallow during and after the examination.

If we find you are having swallowing difficulties you may be offered therapy, or we may need to change how or what you are eating and drinking.

These are called swallowing recommendations (dysphagia). Your speech and language therapist will discuss the best treatment with you.

A detailed report may be sent to other relevant health professionals such as your consultant, GP or dietician.

Please ask your speech and language therapist any questions you may have.

How to contact us

**Speech and Language Therapy
Departments Office hours:
Monday-Friday 9am - 4.30pm**

University Hospital of North Durham
Telephone: 0191 3332591

Darlington Memorial Hospital
Telephone: 01325 743152

Bishop Auckland General Hospital
Telephone: 01388 455714

Useful contacts

www.nhs.uk

Contact details



Central Appointments Bureau
Speech & Language Therapy
Bishop Auckland General Hospital
Cockton Hill Road
Bishop Auckland
County Durham
Tel: 01388 455200

Please help us:

We need your comments, concerns complaints and compliments to deliver the best service possible. Please let us know by speaking to a member of our staff. We learn from your feedback and use the information to improve and develop our services.

If you would like to talk to someone outside the service contact the **Patient Experience Team** on **0800 783 5774**, or email cdda-tr.PatientExperienceCDDFT@nhs.net.

We can make this information available in Braille, large print, audio or other languages on request.

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