

My Swallow Study!



Today, I am going to the University of Vermont Medical Center for a swallow study. This study will show how my food and drink goes into my belly.

Before I come: I need to bring my favorite cup and some yummy snacks!

First:

We will arrive at the hospital and leave our car in the parking garage or with the valet.



We will get a bracelet from registration.

We will walk down the long hallway and go in the elevator or the stairs to Radiology. I will check in to tell them I am here.



Then:

I wait my turn!

My SLP (Speech Language Pathologist) will come get me from the waiting room.



We will walk down the hall to the radiology room.

The room will have a chair for me, a big camera, and glow-in-the-dark powder to mix with my snacks.



Next:

My SLP will mix the white glow-in-the-dark powder into my food and drinks. I will have a drink, some soft food, and some crunchy food.

The doctor will come in and move the machine. It will make a loud noise next to me.

My SLP will give me my snacks and drinks from my favorite cups. The drink is white and sweet. The camera records the movie while I swallow the food and drinks.



After:

I will see myself in the movie when I chew and swallow my snacks and drinks. We want to see that my foods are going all the way down into my belly.



I can pick out a sticker! We will talk about my movie with my family and my SLP.

Then, I walk out of the hospital and back up the elevator to the parking garage.



**You were such
a rockstar!
Bye!**



**University of
Vermont Health**