



Welcome and thank you for choosing Stanford Hospital & Clinics for your outpatient Rehabilitation needs. This letter is to inform you of the nature of our services.

Your doctor has asked us to perform a full evaluation of your swallowing using a special x-ray study to carefully watch your swallow from the moment food or liquid enters your mouth, passes through your throat and starts moving toward your stomach.

The x-ray gives us a “window” into your mouth and throat, showing us every movement you make while you enjoy a small snack. A small amount of white material (barium) will be mixed with your snack allowing us to see how, why and where the food and liquid move.

Our swallow team is specially trained in looking at swallowing and swallowing disorders (dysphagia). We are working with your doctor to help identify what is making your swallow different or difficult for you.

Your job:

- Answer our questions so we can fully understand your swallowing
- Share everything you know about any changes in your swallowing
- Listen carefully as we offer tips to help your swallowing
- Be sure to ask questions before, during and after the test

Our job:

- Check your mouth for strength and appearance
- X-ray your mouth and throat while you are swallowing
- Review a recorded video of your swallow with you
- Review tips for improving your swallowing
- Recommend swallow therapy or other medical care, as needed
- Create a full report about your swallowing for your doctor

Swallowing disorders can impact your health. We invite you to ask lots of questions. We want to help you fully understand how you can safely swallow whenever you are eating and drinking.

For further support, please contact our office at 650-725-5106 (option #4) for NeuroRehabilitation. For more information on our rehabilitation services, please visit <http://rehab.stanfordhospital.org>.