



Preparing for My Swallow Study

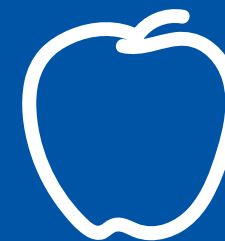
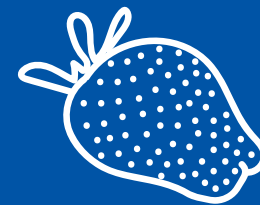
What to expect during swallow
studies at OHSU Doernbecher



DOERNBECHER
CHILDREN'S
Hospital



This is the story of how I will make an x-ray
movie of me drinking and eating!



First, I will go to the hospital and I will check in at the Beaver desk and wait until my name gets called.





I can enjoy looking out the windows or at the fish tank once I am checked in.

Next, I will go back to the space room. My snacks and cups will be ready for me on a tray.

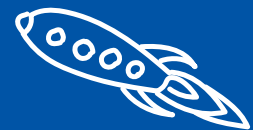


When my name gets called, I meet a new friend who will take my snacks and cups to get them ready for the x-ray. My friend will also ask some questions about my eating and drinking.





I can see how many rockets I can find painted in the special space room.



Next I will get in my special chair, put on my seatbelt, and then they will lower the lights so I can see all the bright stars on the ceiling.



Then they will call the doctor and I will wait to eat my snacks.



Then the doctor, my new friend, and my caregiver will put on special vests. They will get ready for me to eat by moving the machine and finding my picture.



Some of the snacks will have a white dip on them that helps my food show up on the x-ray.

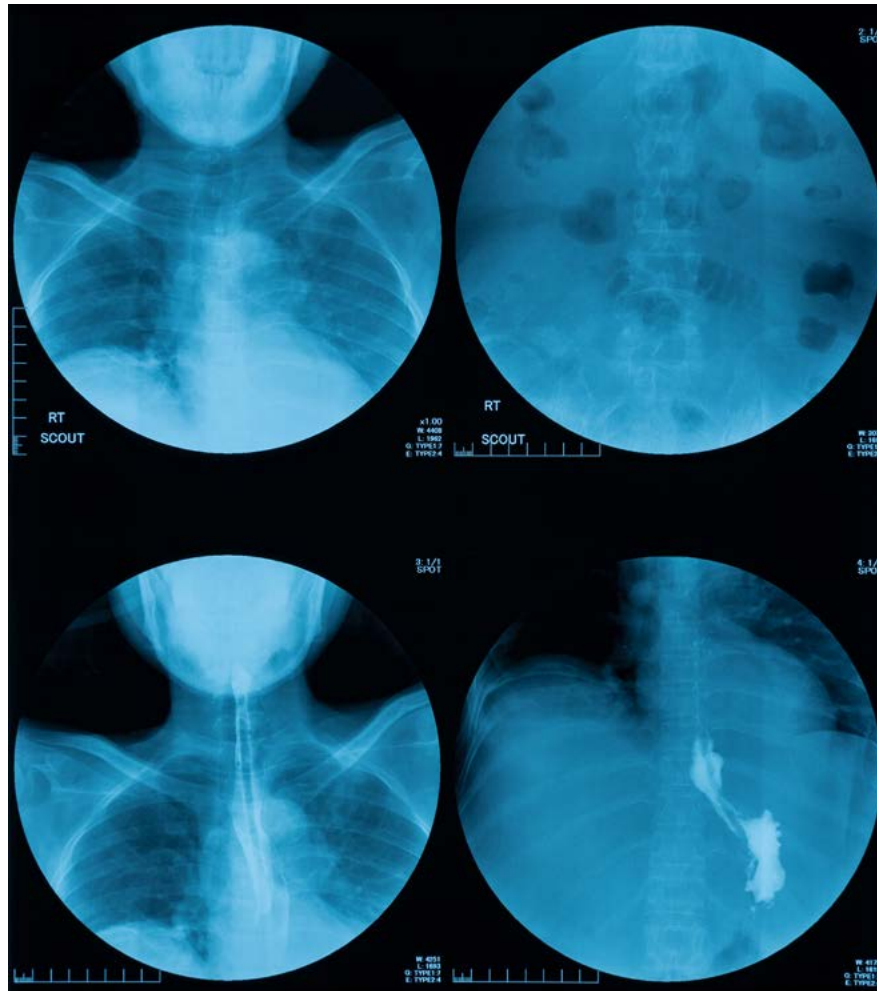
Then, I will eat and drink the snacks with the white dip just like I do at home.



It's my job to take bites and sips. It's the doctors' job to make the movie.

While I swallow my foods, the x-ray machine will turn on to make the movie. I can see myself swallowing on the TV!

I take lots of bites and sips to make my movie more interesting.



This is what the x-ray movie of me swallowing will look like! You can see all my bones while I am eating.

Once I finish my snack and the doctors say we are done, I can get down from my special chair.



My new friend will talk about what they saw and show me the movie. I can also check out the space room.





**I did a great job eating my snack
and making an x-ray movie about
my swallowing!**

**After that, it is time for me to leave the space
room and go home!**

What to Practice Ahead of Time:

- Read this story several times before your appointment.
- Practice acting it out with a chair, stuffed animals, and your child at home.
- Introduce marshmallow fluff (as long as there are no dietary restrictions or allergies) as a dip or spread on the same snacks you plan on bringing to the swallow study.
- The barium topping, which is used in the study and allows the food to “show up” on the x-rays, looks, feels, and smells like marshmallow fluff.
- Check out other books, shows, or movies in which people get x-rays to make the machine and process less scary. Make sure

the material is age appropriate and won’t create fear about the process. Here are a few children’s books about x-rays that may be helpful:

- X-Ray Me!: Look Inside Your Body by Felicitas Horstschafer & Johannes Vogt (2019)
- Jessica’s X-Ray by Pat Zonta with Artwork from Clive Dobson (2013)
- Amazing X-Rays Pets by David George Gordon (2011)
- Inside Your Outside: All About the Human Body by Tish Rabe (2003)

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DCH 21784488 10/21