

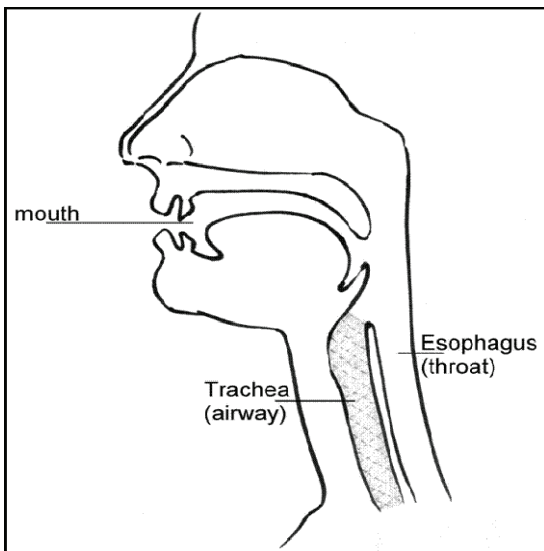
MBSS

(Modified Barium Swallow Study)

What is a MBSS?

Note: Child-friendly language in blue.

- A MBSS is a study of your child's mouth and throat while they are eating and drinking.
- A MBSS uses a kind of X-ray called fluoroscopy to help see inside of your child's body.
- A MBSS uses barium, a white creamy material which shows up bright in the images so the radiologist (**picture doctor**) can see how your child chews and swallows.



Patient in Fluoroscopy Room in Hospital Gown

Why is it done?

- A MBSS will show the structure of your child's mouth and throat and how they are working when your child chews and swallows.
- It helps find signs of aspiration, which happens when food and water go into the airway instead of the throat, and can cause your child to choke as he or she tries to swallow.

What can I do to help my child?

- Parents/caregivers are strongly encouraged to stay with their child throughout the entire procedure whenever possible. Women who may be pregnant cannot be in the fluoroscopy room during the MBSS. In these cases, another trusted adult is encouraged to stay with the child during this time.

What should I expect during the procedure?

The entire test takes about 30-40 minutes and is done in two stages.

Stage 1: Getting ready

- First, your child will change into a hospital gown (special picture outfit) and will be helped onto a special soft chair. They may need a seat belt depending on age.
- A speech pathologist (person who will help take the pictures) will then prepare barium drinks and food depending on your child's needs.
 - * These include thin milk-like barium, thick milkshake-like barium, barium pudding, barium cookies.

Stage 2: Pictures

- Next, a radiologist (picture doctor) will move the big camera next to your child's left side. It comes very close to your child, but does not touch.
- Your child will then be given small amounts of the barium drinks and food.
 - * You may stand in front of your child and help feed them so they feel more comfortable.
 - * Your child may choose to drink through a bottle, a cup, a straw or a spoon depending on his or her preference. You are welcome to bring a favorite cup or utensil from home.
- A radiologist will take continuous pictures as your child eats and drinks.
- After all the pictures are taken you may help your child get dressed and cleaned up.
- Results will be sent to your doctor in 1-2 business days.



Technologist, Radiologist and Patient in Fluoroscopy Room

Tips for preparing your child for a MBSS



Infants (0-12 months old):

- Remember you are the most important thing to your child. Your presence will help them feel as safe and secure as possible.
- Take care of yourself too. If you are prepared mentally and physically, you will be more relaxed around your child.
- Bring familiar objects that comfort your child such as a favorite blanket, toy or pacifier.
- Remember that children use many different ways to cope. Crying is a healthy and normal way for children to cope because it allows them to express their emotions.


Toddlers (1-3 years old):

- Begin preparing your child the day before.
- Tell your child that he or she will have pictures taken so the doctor can learn about his or her body.
- Use simple words to describe what your child may experience.
- Reassure your child that you will be close.
- Bring comfort items with you that help your child feel safe. You are encouraged to bring a favorite cup or utensil from home.
- Toddlers are learning to be independent and make their own choices; offer them realistic choices. For example, “What cup would you like to bring to drink out of?”

Preschoolers (3-5 years old):

- Begin preparing your child about 1-3 days in advance.
- Talk to your child about why they are having pictures taken. For example, “The doctor wants to take special pictures to learn about how you eat and drink.”
- Let your child know that they will need to eat and drink a variety of drinks and food to help take the pictures.
- Let your child know that if they want, you can help feed the drinks and food to them.
- Reassure your child that the special, big camera will not touch or hurt him or her.

School Age and Up (6 years old and Up):

- Prepare your child at least a few days in advance.
 - Talk to your child about why the doctor wants to take special pictures of inside his or her body. For example, for a younger child, “So the doctor can learn more about how your body works.” For an older child, “So the doctor can learn about how you are swallowing foods and drinks.”
 - Explain to your child what he or she might, see, hear and feel, in the order things will occur, using child-friendly and/or real terms depending on your child’s preference.
 - Encourage your child/teen to ask questions.
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My questions for the Radiology staff ...

- 1.
- 2.
- 3.
- 4.
- 5.

Child Life

Children's National Medical Center Department of Radiology is staffed with two full-time Child Life Specialists at Children's National Medical Center Main Campus, and one full-time Child Life Specialist at Children's National Imaging Montgomery County Regional Outpatient Center. Child Life Specialists are trained to address the emotional and developmental needs of children and their families during healthcare experiences, and can provide procedural preparation and support before and during your child's exam.

Phone Numbers

- If you would like to speak to a Child Life Specialist before your child's Radiology appointment at Children's National Medical Center Main Campus, please call **202-476-3338**.
- If you would like to speak to a Child Life Specialist before your child's Radiology appointment at Children's National Imaging Montgomery County Regional Outpatient Center, please call **301-765-5727**.
- For more information about hospital-wide Child Life Services at Children's National Medical Center, please call **202-476-3070**.

Children's National Medical Center supports the Image Gently campaign and strives to keep radiation exposure to our patients as low as possible. For more information on this campaign, please visit www.imagegently.org

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