



Keystone Pediatric Therapy PLLC

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Modified Barium Swallow Study (MBS)

Frequently Asked Questions

What is a Modified Barium Swallow Study?

A modified barium swallow study (MBS) is a moving x-ray of your child's oral (mouth) and pharyngeal (throat) mechanism while eating. This moving x-ray is digitally recorded so that it can be further analyzed after the study is completed.

Why is a MBS recommended?

Modified Barium Swallow Studies are recommended for infants or children with suspected swallowing disorders in order to rule out aspiration or airway obstruction. Aspiration occurs when food or liquids enter the airway, falling below the level of the vocal folds. Clinical signs of swallow dysfunction include: coughing, choking, gagging, or sneezing during feedings; color changes or eye reddening with swallowing; difficulty coordinating swallowing with respiration; congestion during or after feeding; frequent lengthy colds or congestion; and weight loss or failure to thrive. An MBS also helps your child's therapist identify strategies and techniques, which can be used to safely feed your child or to help your child eat or prepare to eat safely.

Where do I go for an MBS?

A modified barium swallow study usually takes place in the radiology department of a hospital or specialized clinic. You will need to call your pediatrician and have a prescription faxed to the hospital/clinic of your choice and then call that same hospital/clinic to schedule your child's swallow study. Hospitals/Clinics in north Dallas that we recommend to our patients at Keystone Pediatric Therapy include:

1. Plano Pediatric Imaging, 7000 West Plano Parkway, Suite 120, Plano, TX 75093
Scheduling: 972-981-7090, FAX 972-981-7088
2. Medical Center of Plano, 3901 West 15th Street, Plano, TX 75075
Scheduling: 972-612-6500, FAX 469-484-0512
3. Our Children's House @ Baylor – Dallas, 3301 Swiss Avenue, Dallas, TX 75204
Scheduling: 214-820-9800, FAX 214-820-9878

Who will be present for the study?

A team of specialists performs the MBS. A speech-language pathologist specializing in dysphagia (feeding/swallowing disorders) coordinates the events of the study: deciding which types of foods your child should eat or drink, how much he/she should eat or drink, and what utensils or method of delivery should be used. A speech-language pathologist also interprets the results of the study. The radiologist operates the x-ray equipment and aids in interpreting the results. A radiology technician is also present to help set up the room and aid with the equipment. Whenever possible, you will be asked, as parents or caregivers, to feed your child during the study in an attempt to replicate your child's typical feeding situation. Anyone in the x-ray suite will be required to wear a lead apron in order to minimize exposure to radiation. Lead shields will also be provided for your child.

What do I need to bring?

You will be asked to bring the bottle or cup from which your child generally drinks, as well as a variety of foods for your child to eat during the study (if your child is eating solid foods). You will also be asked to dress your child in something that does not have snaps, buckles, or other metal objects near his/her neck.

so that they don't show up on the x-ray. In the x-ray suite, your child's liquid will be mixed with barium sulfate, a contrast material that allows the food to be visible on the x-ray. Barium sulfate is not harmful to your child when ingested in small quantities. It is not absorbed by your body and will come out looking just as it did going in. Once all the food is prepared, your child will be seated in an age-appropriate seat next to the x-ray equipment and the study will begin.

Listed below are specific foods and utensils to bring with you:

- 2 empty bottles
- Sippy cup
- Straw cup
- Open cup
- 8 ounces of formula in separate container
- 8 ounces of juice or water in separate container
- Smooth puree
- Lumpy/Stage 3 puree
- Dissolvable crunchies (Cheetos, cheerios, crackers)