Flexible Endoscopic Evaluation of Swallowing With Sensory Testing (FEESST)

Your FEESST test is scheduled for___________, _____________ at ___________ am/pm.
(Day) (Date)

The Speech Pathologist conducting your FEESST test is Rona Epstein, MA, CCC-SLP.

The FEESST test is performed in the office by a Speech-Language Pathologist. It involves the passage of a thin, flexible, fiber optic endoscope through the nose to the throat. A topical anesthetic will be sprayed into your nose prior to the procedure to alleviate discomfort.

FEESST is comprised of two components. The first part of the procedure is a sensory test, which evaluates sensation in the throat. This information assists your physician in the diagnosis and treatment of reflux.

The second part of the procedure is a swallowing evaluation. It provides your physician with useful information in the management of swallowing disorders. You will typically be given the following items to swallow: water, applesauce and a graham cracker. You may also be asked to swallow small amounts of thickened juice. All liquids and solids will be tinted with green food coloring to make it more visible. If you are currently having difficulty swallowing specific foods, please bring a small amount so that we may incorporate it into the swallowing evaluation.

You may eat or drink prior to this procedure. Please call the office if you have any questions. If you are unable to keep your appointment, please provide 24 hours notice.