

Items List for FEES

- Printed copy of Physician's order for Flexible Endoscopic Evaluation of Swallowing.
- Access to the patient's chart

PO trials

- Regular – Cracker or sandwich.
- Soft/Mixed – soft fruit cup with juice
- Puree – Applesauce (no pudding ideally)
- Nectar/Mildly thick liquid – water or juice (no milk or cranberry)
- Thin water

Optional PO items

- Honey/Moderately thick liquid – I rarely use this, but it can be included if patient is NPO or already on honey thick or if you think it would be helpful.
- Ice chips – May be particularly beneficial if the patient is currently NPO
- Equivalent alternatives to the above that the patient may prefer.
- A favorite food item of the patient's that may encourage them to participate
- "Challenge item" something that the patient has particular difficulty with.
- There are always exceptions to the above. If pudding, milk or cranberry juice are the patient's favorite thing, then we can certainly include it but I prefer to avoid if possible.

Other supplies

- Tray table (patient's tray table is sufficient)
- 2 towels
- Cups, spoons, straw

*I have extra cups, spoons, straws and thickener packets if needed.