

VIDEOSTROBOSCOPY

What is videostroboscopy?

Videostroboscopy is state-of-the-art technology which facilitates the identification of various vocal cord conditions and abnormalities. It provides a magnified view of the larynx, and simulates slow-motion vibration of the vocal cords. This procedure is the gold-standard in laryngological diagnostic care.

Who will perform the exam?

The exam will be performed by a speech-language pathologist with experience in the assessment and treatment of voice and upper airway disorders.

How is videostroboscopy performed?

This procedure is completed in one of two ways, via a rigid endoscope placed in the mouth or a flexible endoscope passed through the nose. The rigid endoscope is a steel metal rod which functions much like a periscope. While holding on to the tip of your tongue with gauze, the speech-pathologist inserts the scope along the tongue towards the back of the mouth. The cords are viewed from this position, with no need to enter the throat. The patient is asked to produce sounds at a variety of pitch and loudness levels. The examination is digitally recorded, allowing the patient to view the video following completion. The test lasts only a few minutes and is not painful. In the rare case that a patient cannot tolerate the oral scope, topical anesthesia may be applied to minimize a hypersensitive gag reflex.

Stroboscopy may also be completed via a thin, flexible endoscope which is passed through the nose and is suspended in the throat above the vocal cords. In this procedure, the nose is numbed with topical anesthetic. The examination is completed as described above. Use of the flexible scope is dependent upon diagnosis and tolerance of rigid oral scope.

What to expect during visit?

In addition to the videostroboscopy, some patients will also complete a voice evaluation. Following the completion of diagnostics, a thorough review of the video including explanation of anatomy and physiology will occur. Impressions, recommendations and rationale will be provided.

What do I need to do to prepare for the exam?

No preparation is needed for videostroboscopy. The patient may eat and drink normally prior to the exam.