



## **Videostroboscopy**

### **What is videostroboscopy?**

Videostroboscopy is a procedure used to assess structure and movement of the vocal cords. The procedure requires use of a scope, camera, recording device, television monitor, microphone, and strobe light source to record pseudo slow-motion images of the vocal cords at rest and during vibration or speaking.

### **Who performs the exam?**

Videostroboscopy may be performed by either an otolaryngologist (ear, nose, and throat doctor) or a speech-language pathologist.

### **Why is videostroboscopy performed?**

Videostroboscopy is performed to assess the structure and movement of the vocal cords, and to examine surrounding muscles and tissues in the larynx. Patients are frequently referred for this type of exam due to hoarse or inadequate vocal quality.

### **How is videostroboscopy performed?**

1. You will be asked to complete a brief recording of your voice to assess vocal quality.
2. A topical anesthetic will be applied to the back of your mouth for your comfort during the exam.
3. While holding on to the tip of your tongue with gauze, the speech-language pathologist, or physician will insert a rigid scope towards the back of your mouth. (No scopes are inserted into or down your throat.)
4. You will be asked to perform simple vocal tasks to assess the condition of the larynx and movement of the vocal cords. The scope will remain in your mouth for 2-3 minutes.
5. The speech-language pathologist will describe the recorded images of your larynx and vocal cords, and the physician will make recommendations regarding your plan of care.

### **How long does the exam take?**

Your entire appointment may last 20-30 minutes; however, the scope is only in your mouth for approximately 2-3 minutes.

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

There is no preparation needed for videostroboscopy. You may eat and drink prior to the exam.

### **How do I schedule this appointment?**

If you have any questions or are unable to keep your appointment, please call our office at 410-760-8840. If you are unable keep this appointment you must notify the office 2 business days prior to the testing. Failure to notify the office of cancellation 2 business days prior to testing will result in the patient being charged a \$25.00 fee. This fee is not covered by your insurance company.

#### **ADMINISTRATIVE OFFICE**

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