



Bulletin

To all SLPs holding Advanced Competency Certificates E and F Use of nasal decongestants for Fiberoendoscopic Evaluation of Swallowing (FEES)

In the past, the use of a topical anesthetic was the drug of choice during the administration of FEES as well as during voice prostheses insertions and changes. Current research has shown that a nasal decongestant (e.g. Otrivin) is just as effective during FEES as a topical anesthetic. It is preferable because a topical anaesthetic can alter the swallowing mechanism and introduce false positives by decreasing pharyngeal sensation.

If a drug is needed during the performance of FEES, Otrivin **alone** (or other similar nasal spray decongestant) should be used. This is assuming there are no contraindications for the patient. Speech-language pathologists (SLPs) do not need any additional provisions in order to be able to obtain and administer Otrivin as it is an unscheduled drug that is available without a prescription.

It is incumbent on the SLP to ensure the decongestant is not contraindicated and to document the administration of it appropriately. There is information available to guide clinicians in this practice such as in the links below:

<http://www.ncbi.nlm.nih.gov/pubmed/24158493#>

<https://books.google.ca/books>

Please contact the College should you have any further questions.

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March 2016