

Feeding and Swallowing Team (FAST) Clinic

Welcome to our team!

At our FAST clinic, we work together as a team to recognize your child's unique needs and provide care. We help to identify the different parts of feeding and swallowing and match these parts with your child. We work with your child and family goals to make a plan that is safe and promotes health.

Who will you meet?

Depending on your individual child's needs, you may receive care from one or many members of our team including:

- A pediatric gastroenterologist (a medical doctor that specializes in the digestive system)
- An occupational therapist
- A registered dietitian
- A registered nurse
- As a teaching hospital, we often have medical residents and additional learners

What to bring to your first visit?

1. Health Card
2. A list of your child's medications including names and dosages. Some parents find it helpful to take photos on a cell phone.
3. **A typical meal.** Please bring a variety of foods and liquids for a clinical assessment. You will want to bring items that are easy for your child and ones that are a challenge. Remember to bring anything your child uses during mealtimes including bottles, nipples, cups and utensils.
4. We have a standard highchair in our clinic and a small table and chairs. If your child is fed in a specialized wheelchair or seating system, it would be helpful to bring these devices.
5. Please bring **3 days of food records** to help us analyze your child's nutritional intake.

What happens after your first visit?

If your child would benefit from additional testing, these will be booked at a later date. This may include a videofluoroscopic swallow study (X-ray of your child swallowing), an upper GI study (X-ray of how liquid moves through your child's gastrointestinal system), blood work or abdominal X-ray.

Getting in touch

If you have any questions or concerns about your appointment, please call the 3E Clinic at (905) 521-2100 x75013.