

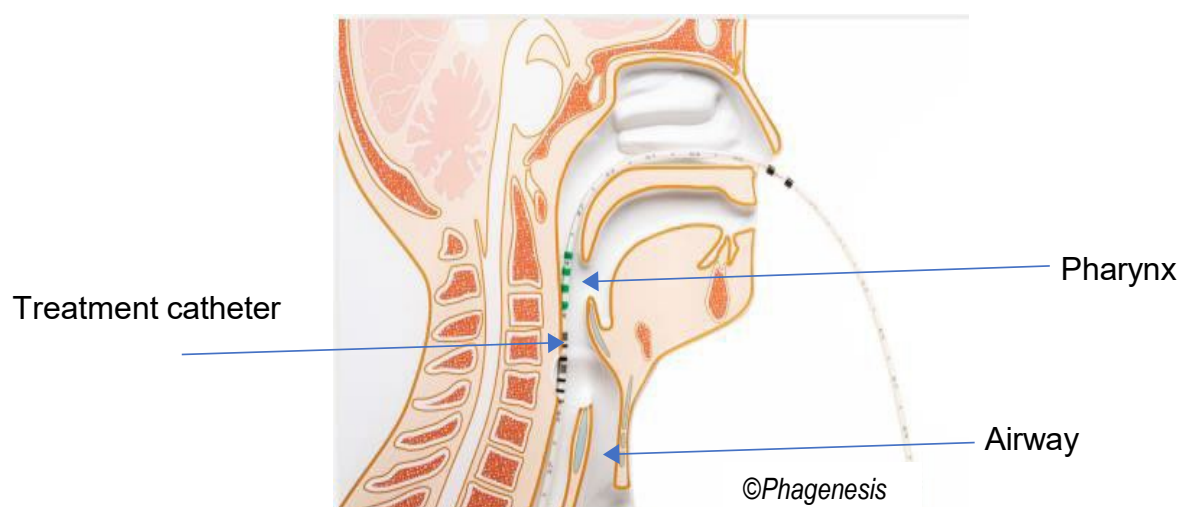


Swallowing Therapy: Pharyngeal electrical stimulation (PES)

This leaflet is for patients experiencing swallowing difficulties and explains a new treatment called pharyngeal electrical stimulation. Pharyngeal electrical stimulation (PES) is provided using the Phagenyx® treatment system.

What is PES?

PES works by providing electrical stimulation to the nerves inside of your throat (pharynx). This electrical stimulation is delivered via a tube (treatment catheter) that has tiny electrodes in it. This tube is inserted through your nose into your stomach. The tube only has electrodes located where it is in contact with your throat. Once your nerves are stimulated by the electrical stimulation, they send signals to your brain, which may help to restore your ability to swallow.



Why do I need PES?

PES is for adults with a severe dysphagia because of damage to the parts of the brain that control swallowing or the nerves involved in swallowing. Patients who may benefit from this treatment are those with reduced sensation in their throat (pharynx) and as a result are unable to swallow regularly, safely, and effectively. This means they are at risk of saliva, liquid or food sitting in their pharynx or going into their airway.

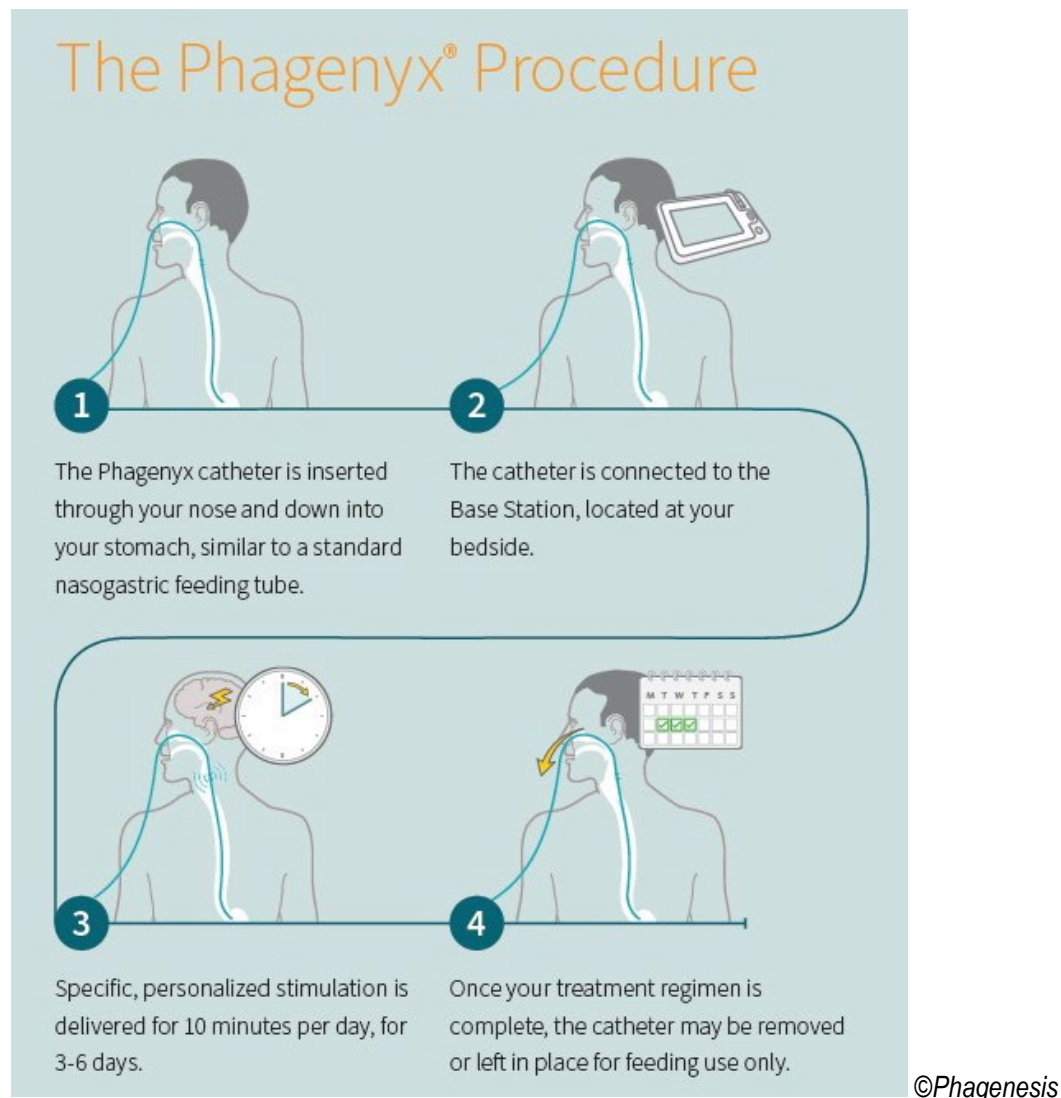
Your speech and language therapist will carry out a swallowing assessment, discuss the findings with your consultant and the team will then decide if PES is suitable for you.

The treatment will be carried out by your speech and language therapist at your hospital bedside.

Each treatment will last 10 minutes and you will be closely monitored and supported throughout.

You usually are given six treatments, over a week. You may see improvement in swallowing after the first few treatments or you may be in the small number of patients who don't respond at all to the treatment.

What happens during PES?



What are the risks or complications?

The treatment has been used extensively and is safe and effective, with no serious adverse effects. It is recommended by the European Stroke Organization (ESO) and the European Society for Swallowing Disorders (ESSD) for use with stroke patients.

Occasionally, patients have mentioned some mild effects, like a headache or nausea. You may also feel more tired after the treatment. Some discomfort can be experienced as the catheter is fed through the nose and down the throat. For some this might produce a gagging response. Please ask a member of the team if you have any concerns.

What happens after treatment?

Your swallow will be reassessed by the speech and language therapists to decide if it is safe for you to start eating and drinking again, and what consistencies of food and drink are most

appropriate for you. If the treatment was successful, these effects are usually permanent, and the treatment does not need to be repeated.

If the treatment has not worked, you will continue to be managed and supported by speech and language therapy with regards to your swallowing difficulties.

Frequently Asked Questions

How many PES treatments will I need?

You are usually given six treatments, over a week with a pause after the first three treatments. You may see improvement in swallowing over the three days or you may be in the small number of patients who don't respond.

What does it feel like during treatment?

You may feel a "tingling" or "strong" sensation in your throat during treatment. Stimulation is intended to be strong to ensure the best outcomes, but the procedure should not be painful. The speech and language therapist will test the stimulation levels prior to each session to ensure you are comfortable. Your speech and language therapist will be present throughout the entire treatment.

Where will I receive my treatment?

PES is carried out at your hospital bedside or in a treatment room.

Is surgery required for PES treatment?

No. Surgery is not required.

What happens after treatment?

Once PES is completed, the tube will be removed or, if needed, used for feeding. Your healthcare team will continuously assess your progress.

Further information

You can watch a 3-minute video about the PES Phagenyx system at <https://youtu.be/PAjf5l1nmbo>

Contact us

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Based on Newcastle upon Tyne Hospitals NHS Foundation Trust Therapy Service's leaflet 'Pharyngeal Electrical Stimulation (PES) – Dysphagia therapy'

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

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