



Health and  
Social Care



# Bifid Uvula

## Cleft Lip and Palate Service

## What is a bifid uvula?

The uvula is the very end of the soft palate. This is what you can see hanging down at the back of your throat. It moves up when you say “aah”.

Bifid means ‘split’. A bifid uvula means that there is a groove or split in the end of the soft palate.

## What does this mean for me/ my child?

About 1-3% of the population have a bifid uvula.

A bifid uvula is an indication of a submucous cleft palate. This means that the muscles in the palate are not in the correct position. However, in some cases this is of no consequence and has no impact.

In other cases, this can lead to difficulties with talking and feeding. The Cleft Lip and Palate team will advise you if they think the muscles in the palate may need to be repaired.

## What is the treatment?

If you/ your child have a bifid uvula, and there is no impact on your talking or feeding, you do not need any treatment.

## What now?

If it has been agreed that you/ your child do not require any treatment at this time, no further appointments are required.

In the future, if you/ your child develop difficulties with your talking or eating/ drinking, you can contact the Cleft Lip and Palate Team to request an appointment.

## When should I request an appointment?

- If you/ your child have food or drink coming down your nose frequently during or shortly after a meal
- If you/ your child develop a weak or nasal sounding voice
- If you/ your child experience air leaking through the nose when using sounds like /p, t, f, sh/ etc.
- You can do this at any stage. There is no age limit.

## How do I request an appointment?

You can call the Cleft Co-Ordinator, Pamela Larmour, on 07385 430 707 or email her on [pamela.larmour@belfasttrust.hscni.net](mailto:pamela.larmour@belfasttrust.hscni.net)

Alternatively, you can ask for a referral to the Cleft Lip and Palate team via your GP.

## Where are we based?

The Royal Belfast Hospital for Sick Children  
Belfast Health & Social Care Trust  
Falls Road  
Belfast  
BT12 6BE

### For more information about the Belfast Cleft Lip and Palate Team:

Visit our website at <https://belfasttrust.hscni.net/service/cleft-lip-and-palate-service-northern-ireland/>

Or scan the QR code using the camera on your phone and clicking on the link.



