

Patient information

Flexible nasendoscopy (FNE)

You have been asked to attend our flexible nasendoscopy clinic for an examination of your larynx (voice box) and vocal cords. This leaflet has been given to you to help answer some of your questions.

What happens during the examination?

A thin, flexible tube called a nasendoscope with a small video camera on the end is passed into your nostril and gently backwards. This will allow the practitioner to view a number of areas in your nasal passage, the back of your tongue, your larynx and vocal cords.

When the scope is in place you may be asked to say “eee” a number of times. You may also be asked to perform some other manoeuvres; guidance will be given by the practitioner.

The video camera will record images of the areas mentioned above, these images will be directly and securely loaded into your medical record for review by one of our ENT consultants.

What are the benefits of having this examination?

This examination allows the ENT team to directly look for any abnormalities in your nasal passage and at the back of your throat which may be causing your symptoms. The recorded images will be reviewed by a senior consultant who will then write to you and your GP to offer advice and treatment options if required.

Are there any risks?

With nasendoscopy, some people have reported:

- A feeling of light headedness
- Nose bleeds
- Coughing and spasm of the vocal cords

These risks occur in less than one in every 100 people. Any effects are temporary and should not last more than a minute or two.

Are there any alternatives?

There is no other way for the team to gain this level of information about your nasal passage, larynx or vocal cords.

Will it hurt?

The nasendoscopy procedure may feel a little uncomfortable, but it should not hurt. Sometimes, if you have a strong gag reflex or if your nose is particularly narrow, it can feel more uncomfortable. In this case some local anaesthetic spray can be applied to your throat or the entrance to your nose. This numbs the area and can last for up to 30 minutes. The examination works best if you can relax and breathe normally throughout.

How long will the examination take?

The nasendoscopy procedure should not take more than 10 minutes. You will also be asked some questions about your lifestyle and presenting symptoms. The whole session may take up to 25 minutes.

Contact us

If you have any questions or concerns, please contact the ENT department on:
Telephone: 01284 713820 or via hospital switchboard 01284 713000.

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (the new name for DisabledGo)
<https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>



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