

Patient information

Trans Nasal Oesophagoscopy (TNO): post procedure information

Trans Nasal Oesophagoscopy is where a narrow, flexible tube, containing a camera and a light, is passed through the nose, throat (Larynx) and /or into the tube leading to your stomach (Oesophagus). This allows the specialist to see anything abnormal, such as ulcerations or growths. Occasionally a small fragment of the abnormal lining of the larynx or oesophagus may be taken for testing (a biopsy).

Please do not eat or drink for two hours following your procedure

Food and fluids

You may resume eating at

You may resume drinking at

Once you are able to resume your oral intake, please sip plenty of clear fluids at room temperature. Avoid extreme temperature of food or fluids i.e. icy cold or boiling hot for 24 hours. Avoid tea or coffee for 24 hours

Pain

- If you have mild discomfort, take two (2) paracetamol every 4 to 6 hours with a maximum of 8 tablets within a 24-hour period
- Do not take aspirin, products containing aspirin, Nurofen®, or ibuprofen as these may cause bleeding
- Mild throat discomfort or coughing small amounts of blood could occur, if a biopsy was taken

- Throat discomfort and blood should subside in 24 to 48 hours

Follow up

Your follow up appointment will be 2 to 3 weeks following your procedure, we may refer you to a different speciality if required

If you experience any of the following

If you have any concerns after your procedure i.e. increase in temperature that persists, difficulty with breathing, shortness of breath, severe pain on swallowing or inability to swallow, excessive bleeding, new chest pain, neck swelling or a “bubbly feeling” in the skin around the neck, you should contact our on-call ENT team via hospital switchboard on 01284 713000.

Date of procedure:

Surgeon:

Contact:

West Suffolk NHS Foundation Trust is actively involved in clinical research. Your doctor, clinical team or the research and development department may contact you regarding specific clinical research studies that you might be interested in participating in. If you do not wish to be contacted for these purposes, please email info.gov@wsh.nhs.uk. This will in no way affect the care or treatment you receive.

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>

