

Patient information

Transnasal laryngo-oesophagoscopy (TNO)

This leaflet has been written to explain the procedure. This will help you to make an informed decision in relation to consenting to the investigation. **Please read the leaflet and consent form carefully.**

Please come to outpatient reception B. We advise that you are accompanied to your appointment by a relative or friend and that you do not travel on public transport. Your escort will sit in the waiting area whilst you have your procedure.

Medication

Please bring a list of your current medications with you so that you can give to the nurse on arrival.

- If you are taking **WARFARIN or other anticoagulant (blood thinning) medication** please contact the appointment staff on 01284 712912 or the ENT department, as special arrangements may be needed.
- **If you have Diabetes**, please contact the ENT department 01284 713820 to arrange for a discussion on adjusting any medication prior to the procedure.

Consent

You will be asked to sign a consent form prior to the procedure being done, after everything has been explained to you.

What is a transnasal laryngo-oesophagoscopy?

This is a procedure (test) that allows the endoscopist to look inside your nose, throat, voice box and upper oesophagus (gullet).

This is done by passing a flexible endoscope through your nose into your throat. The endoscope is a little larger than the one you may have already had in clinic and allows us to take biopsies or perform interventions if that is what you need.

The procedure will be performed by or under the supervision of a trained doctor or nurse endoscopist, and we will make the investigation as comfortable as possible for you.

What happens during the procedure?

The procedure will take place in a room in the ENT outpatients department. A nurse and the person performing the procedure will be with you throughout. The procedure is carried out with local anaesthetic nasal spray and gel. Your throat will feel unusual once the local anaesthetic takes effect, but neither this nor the endoscopy will interfere with your breathing. During the procedure some air will be passed down the endoscope and we will be able to suck it out as well through the endoscope. During the test we may need to take a small piece of tissue (biopsy). The procedure will last approximately 10 to 20 minutes.

Are there alternatives to this procedure?

A transnasal laryngo-oesophagoscopy allows us to assess your voice box and upper oesophagus without the need for a general anaesthetic, this in turn allows us to give you an earlier date for the procedure. This can also be done under general anaesthetic, which we may need to do after this initial assessment.

Endoscopy under general anaesthetic carries a risk from the anaesthetic, there is also a risk of damaging your teeth. You will need to take time off work due to the anaesthesia.

If you wish to discuss these alternative tests please contact the ENT department.

How do I prepare for the procedure?

It is necessary to have clear views and for this the stomach must be empty.

It is very important that you do **NOT** eat, drink or take any tablets for at least **4 hours** before your appointment or this could lead to the cancellation of your procedure. If your appointment is in the afternoon or evening please only eat light meals up to 6 hours before your procedure.

Are there any risks or complications?

As with every medical procedure, the risk must be compared to the benefit of having the procedure carried out. The doctor who has requested the procedure will have considered this very carefully.

Nose soreness or bleeding, which is usually a minor problem and settles on its own. You may also have some minor bleeding from the throat. If we need to assess the gullet, there is a very small risk (one in 10,000 cases) of haemorrhage (bleeding) or perforation (tear) of the gut following which surgery may be necessary.

Like all tests, this procedure will not always show up all abnormalities and, on very rare occasions, a significant abnormality may not be identified. If you have any questions about this please ask either at the time of the procedure or the person who referred you.

After the procedure

We will tell you as much as possible about what was found after the procedure. However, biopsy results will take a week or two to arrive.

Some patients experience some discomfort in their throat, which will pass after a couple of days and should not require more than simple pain killers.

You will be unable to eat or drink for one hour after your procedure. You will be able to go home shortly after the procedure, or even go back to work or drive if you need to.

Summary of important information

As with every medical procedure, the risk must be compared to the benefit of having the procedure carried out. The doctor who has requested the procedure will have considered this very carefully.

However, it is your decision whether you wish to go ahead with the procedure or not and you are free to change your mind at any time.

Please do not bring valuables to the hospital. The hospital cannot accept any responsibility for the loss or damage to personal property during your time on these premises.

Training doctors and other health professionals are essential to the continuation of the National Health Service, and improving the quality of care. Your procedure/treatment may provide an important opportunity for such training under the careful supervision of an experienced endoscopist. You can however, decline to be involved in the formal training of medical and other students; this will not affect your care and treatment.

Checklist

Things to remember before your procedure:

- Read the leaflet carefully
- Do not have anything to eat or drink for at least 4 hours before your procedure
- Check for specific medication instructions

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>

