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Advice after a transnasal endoscopy (TNE) examination

Endoscopy Department

Information for Patients

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When can I eat or drink after my procedure?

You must not eat or drink anything for 45 minutes after having a local anaesthetic throat spray. Your throat will be numb and there is a risk of choking.

Do not eat or drink until:

If you have had sedative medicine:

For 12 hours you should:

- be accompanied by a responsible adult.

For 24 hours:

- do not drive a car or ride a bicycle.
- do not drink alcohol.
- do not use any machinery or do anything needing skill or judgement.
- do not make important decisions or sign any documents.
- do not climb ladders.
- do not return to work until after this period of time.

General advice

- Go home and rest.
- The back of your throat may feel sore for the rest of the day.
- You may have a sore nose, some bleeding and feel a little bloated if some air is in your stomach. This will pass.
- If you have any concerns, please contact your GP or the Endoscopy Department you attended.

When to get help

Go to your nearest Emergency Department immediately if you have any of the following (this is important if you are taking immunosuppressant drugs like steroids, azathioprine, cyclophosphamide or methotrexate):

- severe tummy (abdominal) pain.
- severe chest pain.
- vomiting blood or passing red or tarry black poo (stool).
- a fever with or without shivering.

Endoscopy Department contact details

Leicester General Hospital:	0116 258 4183
Leicester Royal Infirmary:	0116 258 6997
Glenfield Hospital:	0116 258 3130
Hinckley Community Diagnostic Centre:	0116 502 1614
Loughborough Hospital:	0150 956 4406
Melton Mowbray Hospital:	0166 485 4904
St Lukes Hospital Market Harborough:	0185 844 8344

If the department is closed and your GP is unavailable, you can contact the NHS helpline on 111 or ward 42 at Leicester Royal Infirmary on 0116 2586284 or 0116 2586374

Health information and support is available at www.nhs.uk or call 111 for non-emergency medical advice
Visit www.uhleicester.nhs.uk for maps and information about visiting Leicester's Hospitals.
To give feedback about this information sheet, contact uhl-tr.informationforpatientsmailbox@nhs.net

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہِ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।
إذا كنت ترغب في الحصول على هذه المعلومات بلغةٍ أُخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો.

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email uhl-tr.equalitymailbox@nhs.net

We are a research hospital and you may be asked to take part in research

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