

Having a transnasal endoscopy (TNE) to examine the voice box, throat or food pipe

Ear, Nose and Throat Surgery
Information for Patients

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What is a TNE?

A transnasal endoscopy (TNE) is the examination of the voice box (larynx), the throat (pharynx) and the food pipe (oesophagus). It is done by inserting a thin, flexible tube called an endoscope through the nose and down the back of your throat to look carefully at all the areas.

Why do I need a TNE?

A TNE is done if there are problems with your voice, swallowing or breathing. Your surgeon will be able to look much more closely at your throat, voice box and upper part of your food pipe to find any problems.

Taking a sample of tissue (biopsy) during the procedure

Sometimes the doctor will take a small piece of tissue (a biopsy) from the lining of your food pipe, voice box or throat area, so it can be looked at in a laboratory. This is usually not painful.

Before the procedure

You **do not** need to stop eating and drinking before your procedure.

All routine medication should be taken as normal.

If you take any blood thinning medication please contact the Ear, Nose and Throat (ENT) Department for advice.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

What happens during the procedure?

- The local anaesthetic spray will be sprayed into your nostrils and the back of your throat. This will numb the throat.
- Routine tests such as blood pressure, heart rate, oxygen levels in your blood will be checked.
- The endoscope will be gently inserted through your nose and down into your throat. Your breathing will not be affected.
- Samples may be taken from the lining of your throat. Photographs may also be taken.
- The procedure usually takes 15 to 30 minutes.

What happens after the procedure?

- Routine tests such as blood pressure and heart rate will be checked.
- You will be asked to wait in the waiting area for 15 minutes to make sure you are safe to go home.
- You will be asked not to eat or drink for 1 hour **after** the procedure to allow the local anaesthetic to wear off. You can then eat and drink as normal.

What are the risks of the procedure?

TNE is usually a safe procedure but every procedure comes with a small risk.

- A sore nose or nose bleed which is often controlled with simple first aid.
- Your throat may be temporarily sore after the procedure.
- Bleeding at the site of a biopsy (which almost always stops on its own).
- Your voice may be different after the procedure only if a biopsy of the voice box is taken.
- Hole (perforation) or tear of the lining of the food pipe (about in 1 in 10,000 cases)
- A reaction to the anaesthetic spray or medication used.
- Being unable to complete the examination.

Is there another option?

A gastroscopy is another procedure to a TNE. The endoscope is inserted into your mouth instead of your nostril. A TNE is a more comfortable procedure as the endoscope goes through your nose and gagging is reduced and you are able to talk during the procedure.

Another option is to have the procedure done under general anaesthetic with metal scopes. This has more risks such as dental injury, anaesthetic risks and perforation. You do not need to fast before a TNE unlike for a gastroscopy.

More information

For more details please go to the ENT UK website: Trans-nasal oesophagoscopy (TNO)

https://www.entuk.org/patients/conditions/54/transnasal_oesophagoscopy_tno_new

Contact details:

Ear, Nose and Throat Department, Leicester Royal Infirmary via switchboard

0300 303 1573

Waiting list office: 01162586058

Trainees and student observers:

Leicester's Hospitals support trainees and students from the county's medical school and nurse training school. We hope you will be willing for trainees with the relevant skills to do procedures under supervision where appropriate, and for student observers to be present.

If you would rather not have trainees or students in the room during your procedure, please let us know.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

જે તુમીં ઇચ જાજવારી વિમે હેર જામ્મા વિચિ ચાહુંદે હે, ઝાં વિરખા વરકે હેઠાં હિંતે ગણે નંબર 'ਤੇ ટૈલીફોન વરો।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

Previous reference:

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