

Having a panendoscopy to examine your voice box, throat and gullet

Ear, Nose & Throat (ENT)

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Information for Patients

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What is a panendoscopy?

A panendoscopy is when we examine the:

- tongue,
- voice box (larynx),
- throat (pharynx),
- gullet (oesophagus)
- and a part of wind pipe (trachea).

We do this by inserting a hollow, metal tube in the mouth to look carefully at all the areas. We may also use a small video telescope used to take pictures for documentation purposes if needed.

Why do I need a panendoscopy?

We do this 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 gullet to find any problems.

Before the operation

- Arrange to have 1 week off from work.
- You will be told at your Pre Assessment appointment when you need to stop eating and drinking before your operation.

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You should tell the surgeon if you have:

- a history of neck problems,
- any loose, capped or crowned teeth.
- if you take any blood thinning medication.

Tell your surgical team if you become unwell before your operation. This can be developing a chest infection or throat infection.

What happens during the operation?

- We will be looking in your mouth. You will be asleep under general anaesthesia.
- We will pass a metal tube (endoscope) over your tongue.
- Your surgeon will examine your throat, voice box and gullet.
- Your surgeon may need to take some small samples from the lining of your throat/voice box/gullet. They will use fine instruments for laboratory analysis. This is called a biopsy. This is not the case for everyone.
- This often takes 30 minutes. You will be in the operating theatre for about 1 hour in total.
- You will wake up after the procedure in the operating theatre or in the recovery room.

How long will I be in hospital?

You will often come in on the day of the operation.

We may allow you to go home on the same day if you are eating and drinking and feel well enough.

You may need to stay overnight at the hospital so we can make sure you are well.

What are risks?

Panendoscopy is often a safe procedure. However, every operation has a small risk.

- **Sore throat:** Your throat may be sore after the operation. This should only last a few days and simple painkillers like paracetamol or ibuprofen should help with this.
- **Stiffness in your neck.**
- **Cough up blood after biopsy:** You may cough up blood if a biopsy has been taken. This will settle on its own. If the symptom continues you will need to go to the Emergency department.
- **Voice change for short time:** Your voice may be different after the operation. This often returns to normal in a few days. You may need to rest your voice for 1 or 2 days after the operation.
- **Injuries to tooth and mouth:** There is a small risk that we may chip or knock out a tooth especially if it is loose, capped or crowned. Please let us know if you have any teeth like this. There is also a small chance that your lips, tongue, gums or jaw joint may be injured.



- **Fasting for a short while:** If we operate on your oesophagus, we may ask you to not eat or drink for a few hours. We may need to observe you overnight until we are sure it is safe for you to swallow fluids and food again.
- **Damage to the lining of the gullet:** Very rarely, the lining of the gullet may become damaged. This can cause a leak through the gullet wall which is potentially serious. You would need to stay in hospital until the leak heals up. If this does happen we may put a feeding tube through your nose. You will be fed through this tube until the leak has sealed.
- **Off from work for 1 week to rest your throat.**

Please bring any questions with you to your Pre Assessment appointment or on the day of surgery itself.

Are there alternative options?

We can examine some of these areas with a flexible camera in the clinic, or with scans. These will not give a close or reliable view of the areas. They also do not allow for biopsies to be taken.

More information

For more details please go to: <https://www.entuk.org/>

Contact details:

Ear, Nose and Throat Department, Leicester Royal Infirmary through switchboard:

0300 303 1573

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