

Department of Head & Neck Surgery

Transnasal Oesophagoscopy (TNO)

What is a Transnasal Oesophagoscopy?

A transnasal oesophagoscopy is a procedure which allows the doctor to examine your nose, throat, voice box, and upper gullet under local anaesthetic using a small flexible telescope passed through the nose.

Information about your procedure

Many patients with throat and swallowing complaints require examination of the larynx (voice box) and the oesophagus (swallowing tube). Because of the size of the instruments, patients have usually needed to be put to sleep for this procedure (general anaesthetic). Transnasal oesophagoscopy is a new technique available at the University Hospital, Coventry, which enables the doctor to examine patients under local anaesthesia in the outpatient clinic using a small flexible telescope passed through the nose. This avoids the need for admission to hospital and reduces the risk to patients by avoiding a general anaesthetic.

Before your appointment

- **Do not** eat or drink for **four hours** before the test. Normal medicines should be taken but use as little water as possible.
- Make sure you inform the medical or nursing staff about any allergies that you have.

IMPORTANT: if you take blood thinning tablets such as Warfarin or clopidogrel make sure you let the team know. You must ask your GP or the anticoagulant clinic if you can stop these tablets for at least four days before the test to reduce the risk of bleeding. Please telephone the clinic for advice: 024 7696 6500. **If you have not stopped this medication on the day of your test it may be necessary to cancel the test and rearrange it for a later time.**



Patient Information

- Aspirin and anti-inflammatory tablets **should not be taken for five days before** the test. Paracetamol can be used as an alternative.

Patients with diabetes

If you use insulin to control your diabetes you should consult with your GP as you will need to adjust your morning insulin as you will not be able to eat or drink on the morning of your test.

What happens at my appointment?

The test is carried out in the Outpatient Department; you will be awake the entire time. The doctor will explain the procedure to you and ask you to sign a form to consent to the examination.

- You will be given a local anaesthetic nose and throat spray or gargle which will numb the nose and throat. This takes a few minutes to work properly.
- A flexible telescope will then be placed in your nose and passed into your voice box and then down into the swallowing tube (oesophagus).
- The doctor also passes some air or water into the swallowing tube through the telescope this can make you belch which is normal.
- You are able to breath, swallow and cough quite normally during the investigation.

Some patients may require a biopsy (where the doctor takes a small sample of tissue) or other procedures. These can often be performed at the same time as the examination although a further admission for a procedure under general anaesthesia may be recommended in some cases. The doctor will record the examination and then replay the recording slowly and explain to you the findings of the test.

How long will the procedure take?

It takes 5-10 minutes for the spray to work properly. Generally, the procedure itself takes less than 5 minutes. Overall, appointments will generally last about 30-45 minutes.

Patient Information

Does the procedure hurt?

The doctor sprays both the nose and throat with a solution of local anaesthetic, which makes the area numb. Patients may feel some pressure during the procedure but will rarely experience discomfort.

Can I go home straight away?

The advantage of treatment in the Outpatient Department is that patients do not require hospital admission and after a few minutes recovery they can be discharged home straight away.

There are no restrictions to driving or operating machinery after the procedure when it is performed using local anaesthetic.

After the procedure

The throat and nose will remain numb for a while after the procedure which may interfere with swallowing food and liquid normally, therefore you **should not eat or drink for two hours after the procedure**. Some patients may also feel a little bloated and pass wind or belch for a while after the procedure, this is normal and the feeling will pass after an hour or two.

You may have some mild discomfort in the throat or nose for a few hours. You can use paracetamol for this. Do not use aspirin or anti-inflammatory medication for 72 hours as they can increase the chance of bleeding.

Patients using anticoagulant medication should resume their use as directed by the GP or anticoagulant clinic.

If you experience any of the following symptoms, **do not eat or drink** and call your doctor immediately:

- Breathing problems such as shortage of breath or rapid breathing
- Spitting up bright red blood
- Temperature over 38 degrees
- Chest pain

Patient Information

Further Information

If you need any further information and advice please contact:
024 7696 6500.

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact us on 024 7696 6500 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

Document History

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