

E14 Nasoendoscopy

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You can get more information locally from the Endoscopy Unit (9am to 5pm) on 0151 604 7095

You can also contact:

You can get more information from www.aboutmyhealth.org

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What is a nasoendoscopy?

A nasoendoscopy is a procedure to look at the inside of your nose, the back of your mouth, throat and voice box. It is performed using a flexible telescope and is sometimes known as a flexible endoscopy. A rigid nasoendoscopy uses a straight telescope to look at the inside of your nose only.

Shared decision making and informed consent

Your healthcare team have suggested a nasoendoscopy. However, it is your decision to go ahead with the procedure or not. This document will give you information about the benefits and risks to help you make an informed decision.

Shared decision making happens when you decide on your treatment together with your healthcare team. Giving your 'informed consent' means choosing to go ahead with the procedure having understood the benefits, risks, alternatives and what will happen if you decide not to have it. If you have any questions that this document does not answer, it is important to ask your healthcare team.

Once all your questions have been answered and you feel ready to go ahead with the procedure, you will be asked to sign the informed consent form. This is the final step in the decision-making process. However, you can still change your mind at any point. You will be asked to confirm your consent on the day of the procedure.

What are the benefits?

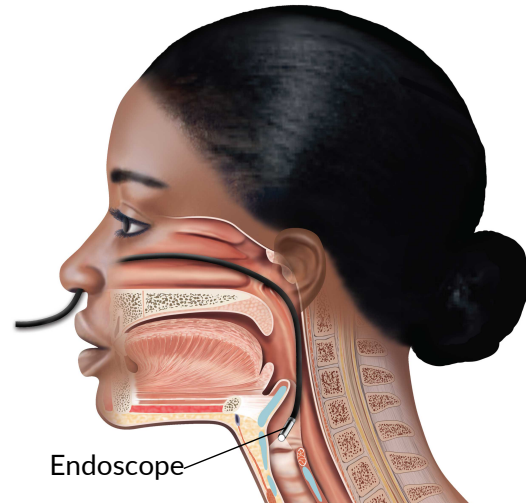
Your doctor is concerned that you may have a problem in your ear, nose or throat. A nasoendoscopy is a good way of finding out if there is a problem.

If the endoscopist (the person doing the endoscopy) finds a problem, they can perform biopsies (remove small pieces of tissue) to help make the diagnosis. This can be done on the same day or at a later date, depending on where the tissue is. Your endoscopist will discuss this with you.

Are there any alternatives?

Your doctor has recommended a nasoendoscopy as it is the best way of diagnosing most problems in your nose, mouth and throat.

The inside of your nose, mouth and throat can be examined under a general anaesthetic, but this carries more risk, especially if you have any major health issues.



A Nasoendoscopy

What will happen if I decide not to have the procedure?

Your doctor may not be able to confirm what the problem is.

If you decide not to have a nasoendoscopy, you should discuss this carefully with your doctor.

Before the procedure

No specific preparation is required. You can eat and drink normally before the procedure.

The healthcare team will carry out a number of checks to make sure you have the procedure you came in for. You can help by confirming to the endoscopist and the healthcare team your name and the procedure you are having.

What does the procedure involve?

A nasoendoscopy is very quick. It usually takes between 1 and 2 minutes.

A nasoendoscopy is performed while you are awake. Sedation is not normally required for this procedure.

The endoscopist may spray the inside of your nose and throat with local anaesthetic. This can taste unpleasant.

They may also apply a gel-based lubricant to help the endoscope move more smoothly.

The endoscopist will ask you to sit upright while they do the endoscopy.

If at any time you want the procedure to stop, raise your hand. The endoscopist will end the procedure as soon as it is safe to do so.

The endoscopist will place a flexible telescope (endoscope) inside your nose. They will either look through an eyepiece or connect the endoscope to a television screen in order to view the images. Depending on your symptoms, they will direct the endoscope into the back of your mouth, throat and voice box. They may ask you to stick out your tongue, blow out your cheeks and say certain words to test your voice box.

The procedure is not painful but your eyes may water and you may feel some discomfort.

What complications can happen?

The healthcare team are trained to reduce the risk of complications.

Any risk rates given are taken from studies of people who have had this procedure. Your healthcare team may be able to tell you if the risk of a complication is higher or lower for you.

You should ask your healthcare team if there is anything you do not understand.

The possible complications of a nasoendoscopy are listed below. These are not serious and normally pass within a few minutes.

- Watery eyes.
- Cough. This will pass in a few minutes, unless you already had a cough before the procedure.
- Nosebleed (this is rare).
- Breathing difficulties during the procedure (this is rare).

What happens after the procedure?

You should be able to go home and return to normal activities straight away. If you had a local anaesthetic do not eat or drink for at least the first hour.

The healthcare team will tell you the results of the procedure and talk to you about any treatment or follow-up care you may need.

If you get a sore throat or have other concerns, contact your GP.

Summary

Nasoendoscopy is a safe way of finding out if you have a problem with your ear, nose or throat. This information is intended to help you understand what is involved. Please discuss any questions you might have with your healthcare team.

[Keep this information document. Use it to help you if you need to talk to the healthcare team.](#)

[Some information, such as risk and complication statistics, is taken from global studies and/or databases. Please ask your surgeon or doctor for more information about the risks that are specific to you, and they may be able to tell you about any other suitable treatments options.](#)

[This document is intended for information purposes only and should not replace advice that your relevant healthcare team would give you.](#)

Acknowledgements

Reviewer

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Illustrator

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