



A guide to...

Having a Transnasal Endoscopy

Patient Information

How to contact us

Clinical queries Hemel Hempstead 01442 287968
Watford 01923 436095

Any other query
Hemel Hempstead 01442 287681
Watford 01923 217530

Booking and interpreting queries

Please call the number on your appointment letter.

If you need this leaflet in another language, large print, Braille or audio version, please call 01923 217 198 or email westherts.pals@nhs.net.



Department	Endoscopy department
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What is a transnasal endoscopy?

A transnasal endoscopy (TNE) is an investigation that allows us to look directly at your gullet (oesophagus), stomach and the upper part of the intestine. A long thin flexible camera is passed through your nose, down the back of your throat into your stomach. Through this tube we will be able to look for any abnormalities that may be present. If necessary, small tissue samples (biopsies) can be taken during the examination for laboratory analysis.

The advantage of transnasal endoscopy?

- Patients' experience is more relaxed and gagging is much less common. This means more successfully tolerated
- Patients are able to talk to the Endoscopist during the procedure
- Less time is needed to recover after the procedure.
- No sedation is used so you can drive home and continue your day as normal.

Who should not have a TNE?

Transnasal endoscopy is **not** recommended for patients who:

- Are taking anticoagulants (medication that thins the blood).
- Have a history of obstructed nasal passages
- Previous nasal surgery, polyps, fractures or septal deviation
- Are pregnant or breast feeding.

If you are taking blood thinning medications such as warfarin, clopidogrel, ticagrelor, dabigatran, rivaroxaban or apixaban, please notify the department by calling the number on your appointment letter.

Preparation

This procedure must be done on an empty stomach. If you have a morning appointment you must not eat anything after midnight you can drink sips of water up to 6.30am on the morning of the procedure. If you have an afternoon appointment you must not eat anything after 7am but can drink sips of water up to 11.30am.

What will happen?

When you arrive, a nurse will explain the procedure, ask some routine questions about your health, medication and complete the consent form. You will have the opportunity to ask questions.

The procedure only takes approximately 10-15 minutes but please allow two to three hours at the hospital for the whole process to be completed. Unless you have driven yourself to hospital, we advise that relatives to drop you off; they can be contacted later when you are ready to be picked up.

Afterwards

This procedure is performed using a spray to numb the nasal passage and the throat. You will usually be able to leave the unit straight away on your own and continue the day with no restrictions. As no sedation is used so you can drive home.

You will have to wait until the spray has worn off before you can eat and drink.

When will I get the results of the procedure?

We will talk to you after the procedure and you will be given a copy of the report.

Are there any risks?

Trans-nasal endoscopy is generally a straightforward and very safe procedure. However, TNE is an invasive procedure and complications can occur. The most common side effects to be aware of and consider before your procedure are:

- Slight nose or throat pain, this usually settles after a few hours.
- Nose bleeds happen in about 1 in 20 people who have TNE. Most stop without the need for any treatment

Rare serious complications are:

- A small leak (perforation).

Are there any alternatives?

- Gastroscopy, this is a procedure performed through the mouth and we offer sedation if required.
- An X-ray known as a barium swallow or a CT scan. These do not give us as much information as the endoscopy and have the added disadvantage that tissue samples cannot be taken. In addition, there is a small exposure to radiation.

Who can I contact if I have any questions?

Please do not hesitate to telephone the department at Watford General Hospital on: 01923 436095 for (Monday to Friday, 8.00am–6.00pm).

After the investigation if you experience severe chest or tummy pain, swelling in the neck or shortness of breath please attend your nearest Accident and Emergency department - do not drive.

- Accident and Emergency at Watford on 01923 217256
- Please note: there is NO Accident and Emergency department at Hemel Hempstead Hospital or St Albans City Hospital.