

Having a Naso-endoscopy

Written by
Sandra Smith, Nurse Practitioner
of Manchester Royal Infirmary

Published as a
service to medicine by

KeyMed
An **OLYMPUS** Group Company

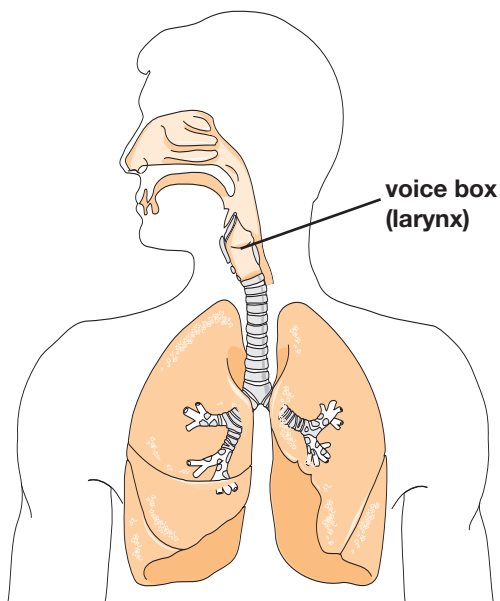
A guide to the test



You have been advised to have a naso-endoscopy to either find the cause of your symptoms or assess the progress of your condition. This leaflet has been prepared after talking to patients who have had a naso-endoscopy. It may not answer all your questions and if you have any worries please do not hesitate to ask. The staff who are carrying out the test will be available to answer any of your queries. Not every hospital does things in exactly the same way.

WHAT IS A NASO-ENDOSCOPY?

A naso-endoscopy is a test which allows the endoscopist to look directly at the nasal passage (nose), pharynx (throat) and the larynx (voice box). A naso-endoscope is passed through your nose, down to your voice box. The endoscope is a thin, flexible tube with a bright light at the end and allows the endoscopist to get a clear view of the different areas of the nose and throat to check whether or not any disease or abnormality is present.



WHAT SHOULD YOU EXPECT?

The test is normally done on the day you attend clinic. When you come to the department an endoscopist will explain the test to you and you will be asked to sign a consent form to obtain your permission. If you have a cold or sore throat, please advise the medical staff as it may not be possible to carry out the test. If you have any anxieties or queries please do not be afraid to ask.

BEFORE THE TEST

You may be given a local anaesthetic spray to the nose and throat. The spray acts quickly but may taste unpleasant. It may irritate your nose and make your throat feel 'lumpy'. This test will not interfere with your breathing and will last approximately 5 minutes. When the test is finished the endoscope is removed quickly and easily.

AFTER THE TEST

You will be allowed to go home after the test. Your throat will feel numb for approximately one hour and you must not eat or drink until it feels normal.

The test should not affect your driving ability.

WHEN DO I KNOW THE RESULT?

In many cases the endoscopist will be able to tell you the results straight after the test, otherwise they will advise you to make an appointment with your GP or return to the clinic. Details of the results should be discussed with your GP or hospital specialist - whoever recommended you to have the test.