

Information for Patients on

Trans-nasal Oesophagoscopy

Introduction

Trans-nasal Oesophagoscopy is an investigation to look at your oesophagus (the food tube that goes from your mouth into your stomach) and hypopharynx (lower throat). This is done by a procedure numbing your nose and throat with a local anaesthetic spray, then passing a flexible viewing tube through your nose and the back of your throat into the oesophagus. We do this investigation to find the cause of difficulty or discomfort in swallowing, or when you have the sensation of a persistent lump in your throat.

Pictures may be taken or a small sample of tissue removed (biopsy). This depends on what your doctor finds.

Treatment

Before the procedure.

Do not **eat for 4 hours** before the test. Do not **drink for 2 hours** before the test. Continue taking your medication as normal. Inform the doctor if you are an insulin-dependent diabetic.

Tell the doctor if you have any allergies to local anaesthetics such as Lidocaine, or other medications ending with 'caine'. If you have an artificial heart valve or heart murmur, please tell us before your test. You may need antibiotics to prevent infection.

About the procedure.

The procedure will be done within the operating department or in an adjacent room. It will take about 30 minutes. You will be sat upright and be awake throughout the procedure. The doctor will numb your nose and throat with a local anaesthetic spray, which sometimes tastes unpleasant. A small tube will be passed through your nose and down into your oesophagus. During the examination you will be asked to swallow. Small puffs of air will be put into your oesophagus, which may make you feel a little bloated, cause minor discomfort, or cause you to burp.

What to expect after the procedure.

You will remain alert and should not have any pain, although you may notice a slight soreness in your nose and throat for a few hours, and occasionally, you may suffer from an indigestion-like sensation. You will be able to breathe and swallow as before, but do not eat or drink anything for 1 hour after the examination. After this you may eat and drink as before and can return to work as normal.

Your doctor may be able to give you a diagnosis at the time, or if samples of tissue have been taken, we will arrange to see you again in the clinic with the results of these.

Risks.

Bleeding – occasionally it is possible to scratch the lining of your nose or the oesophagus during the investigation, or cause bleeding from where a tissue biopsy has been taken. This should be minor and will resolve on its own. If however after discharge from hospital you are spitting out bright red blood, you should contact the ENT ward, and if necessary attend A&E.

Perforation – again, scratching of the lining of the oesophagus during the procedure occurs very rarely, but if you find that shortly after your procedure whilst at home you have chest pain, or pain between your shoulder blades, a fever, sweats, or difficulty breathing, you need to contact the ENT ward, and if necessary attend A&E.

If any of these problems arise after you have gone home please contact the wards:

F12a (adult ward) 01276 604130

Frimley Park Hospital direct 01276 604604

Or

North Hampshire Hospital

DTC 01276 473202 ext 4323 (Mon-Fri)

Any questions?

The team involved in your care have written this information booklet to make your admission as smooth as possible. However, it does not cover every aspect of your care and staff will always be happy to answer any other questions or points of concern.

Sources of additional information

The Surrey & Hampshire ENT Partnership

www.entpartnership.co.uk

PATRIC, Centre in the main entrance to Frimley Park Hospital
or visit their website:

www.frimleypark.org.uk/information/patric/leaflets.php

British Association of Otorhinolaryngologists

www.entuk.org

National Institute for Health and Clinical Excellence (NICE)

www.nice.org.uk

The ENT Consultants are

Jonathan Blanshard FRCS (ORL).

Appointed to North Hampshire Hospital in 1996. Special interest in ear surgery including middle ear reconstruction and also voice problems.

Jonathan Hern FRCS (ORL).

Appointed to Frimley Park Hospital in 2003. Special interest in rhinology including rhinoplasty surgery and also voice problems.

David Jonathan FRCS.

Appointed to Frimley Park Hospital in 1991. Special interest in ear surgery, including implantable hearing aids. Involved in the regional training of ENT surgeons.

Andrew McCombe MD FRCS (ORL).

Appointed to Frimley Park Hospital in 1995. Special interest in head and neck surgery. Involved in the management of NHS services. Special interest in medicolegal work.

Paul Spraggs FRCS (ORL).

Appointed to North Hampshire Hospital in 1998. Special interest in head and neck surgery and facial plastic surgery.

Useful Telephone Numbers

ENT Partnership

Surrey Clinic – 01252 852552

Hampshire Clinic – 01256 377733

Frimley Park Hospital

Switchboard – 01276 604604

Parkside – 01276 604703

FI (Children's Ward) – 01276 604226

ENT Ward – 01276 604130

North Hampshire Hospital

Switchboard – 01256 473202

DTC – 01256 313332

The Hampshire Clinic

Switchboard – 01256 357111

Lyde Ward – 01256 377773

Enbourne Ward – 01256 377772

Clare Park Hospital

Switchboard – 01252 850216

The ENT Partnership – Surrey Clinic

Spire Clare Park Hospital Crondall Lane Crondall Farnham GU10 5XX

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Also at The ENT Partnership – Hampshire Clinic

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