

ENT outpatient clinic Charing Cross Hospital

Transnasal oesophagoscopy (TNO)

Information for patients, relatives and carers

Introduction

This leaflet aims to tell you about **transnasal oesophagoscopy** and answer some of the questions that you or those who care for you may have. It is not meant to replace the discussion between you and your medical team. If you have any questions about this information, please contact us.

About the procedure

Your consultant has recommended that you have a transnasal oesophagoscopy (TNO) to let them have a close look at your oesophagus. A TNO allows your doctor to examine your breathing pathway and swallowing passages.

The procedure will be discussed with you in clinic. If you and your surgeon both agree to proceed you will be asked to sign the consent form. You will be given a date to attend outpatient clinic.

Before the procedure

Do not eat or drink for 4 hours before your appointment. You should consider taking any routine medications before fasting.

The procedure

You should expect to spend 30 to 60 minutes in our ENT outpatient clinic.

- The procedure will start with an endoscope (a long, thin tube with a small camera inside) being put into your nose so your upper airway and oesophagus are visible.
- A combination of nasal sprays and local anaesthetic will be used to numb the area. Once this has taken effect, we will start the procedure.
- The scope will then be used to examine your upper digestive tract, and this may take a few minutes. It is not expected to be painful, and you will be able to talk to the consultant during the procedure if necessary. Using the scope, we may inflate air into your oesophagus, which may lead to temporary burping or passing wind later.

After the procedure

Do not eat or drink for 1 hour, because of the effect of the local anaesthetic on your swallowing. After this time, you can eat normally.

You will be able to return home and continue normal activities including work. You may experience some mild discomfort after the procedure and can take over-the-counter pain relief if required.

If you have any acute breathing difficulties or are unable to swallow after the procedure, please attend your nearest A&E department.

Follow up

Six weeks after the procedure, a clinical nurse specialist (CNS) will call you for an initial telephone follow up appointment. They may arrange a face-to-face outpatient appointment with your consultant or a repeat procedure.

For any non-urgent queries please contact the laryngology CNS Margaret Ashcroft on mobile: 075 5758 7768 or Matteo De Blasi on mobile: 077 7080 4495 (Monday to Friday, 09.00 to 16.00).

How do I make a comment about my visit?

We aim to provide the best possible service and staff will be happy to answer any of the questions you may have. If you have any suggestions or comments about your visit, please either speak to a member of staff or contact the patient advice and liaison service (PALS) on 020 3313 0088 (Charing Cross, Hammersmith and Queen Charlotte's & Chelsea hospitals), or 020 3312 7777 (St Mary's and Western Eye hospitals). You can also email PALS at imperial.pals@nhs.net The PALS team will listen to your concerns, suggestions or queries and is often able to help solve problems on your behalf.

Alternatively, you may wish to complain by contacting our complaints department:

Complaints department, fourth floor, Salton House, St Mary's Hospital, Praed Street
London W2 1NY

Email: ICHC-tr.Complaints@nhs.net

Telephone: 020 3312 1337 / 1349

Alternative formats

This leaflet can be provided on request in large print or easy read, as a sound recording, in Braille or in alternative languages. Please email the communications team:

imperial.communications@nhs.net

Wi-fi

Wi-fi is available at our Trust. For more information visit our website: www.imperial.nhs.uk

ENT Department
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