

Transnasal Endoscopy

This leaflet explains more about your transnasal endoscopy and what you can expect when you come to hospital. It also details the instructions on how to prepare for this test, including when to stop eating and what tablets you may need to stop. If you have any further questions or concerns, please speak to the staff member in charge of your care.

What is transnasal endoscopy (TNE)?

TNE is a camera examination of the inside of the stomach, where the camera is passed through the nose and down the throat. This allows us to directly visualise your oesophagus (gullet), stomach and the duodenum (the first part of your small intestine). This can help to find the cause of your abdominal symptoms. The procedure itself takes 10 to 15 minutes but please allow two to three hours in the hospital for the whole process to be completed. The tube is thinner than your little finger, does not interfere with your breathing, and allows you to speak during the procedure.

Will I have an anaesthetic?

One of the advantages of TNE is that it is better tolerated than a gastroscopy, where the camera is passed through the mouth. This means the gag reflex is not usually triggered. As such we do not use sedation or a general anaesthetic for this procedure. Local anaesthetic sprays are used to numb the nasal passages and the back of the throat. This allows for an easier passage of the scope through the nose and into the oesophagus.

What are the risks?

TNE is a safe procedure. The most common side effects are soreness in the nose or a nosebleed. In most cases these will settle

spontaneously. Rarely the nosebleed will be heavy and you may need further treatment to stop the bleeding.

- You may be allergic to the anaesthetic spray. Please contact the nursing team before your procedure if you know you are allergic to lignocaine/phenylephrine.
- There is a small risk of missing some abnormalities. It is rare to miss cancer.
- When a biopsy is taken there may be bleeding on rare occasions.
- Perforation, which is a tear in the wall of the upper intestine is also very rare (< 1:10,000 risk). If this happens it would require a short stay in hospital including treatment with antibiotics and possibly surgical repair.

Are there any alternatives?

The transnasal route may not be suitable for patients who suffer from nose bleeds, have a deviated nasal septum, nasal polyps, liver disease or are taking anti-coagulants. If any concerns are identified, the procedure may need to be done through the mouth (gastroscopy) instead. For some conditions it may be possible to perform a CT scan. The disadvantage of this is that in many cases it is not as good at detecting disease and also a biopsy cannot be taken. The radiation involved in a CT scan is unsuitable for some patients. Another alternative is a barium swallow/meal. This involves having an x-ray after swallowing some barium liquid.

If my symptoms have stopped should I still come for the test?

Yes. It is important that you still come for the TNE. Your doctor has organised this test to ensure you have no problems in your stomach. Although the symptoms may have gone, it remains important to attend for your examination.

How can I prepare for TNE?

A clear view of the stomach is required for this examination to be successful and so it must be as empty as possible. It is vitally important to follow the advice given about preparation. If these instructions are not followed, your procedure may be cancelled.

PLEASE DO NOT EAT FOR SIX HOURS BEFORE THE TEST. You are allowed to drink clear fluids (no milk) e.g. water, fizzy drinks, tea and coffee **without milk**, up until two hours before the procedure.

If you are taking warfarin, or blood thinning medications such as apixaban, rivaroxaban, dabigatran, clopidogrel, ticagrelor or prasugrel, please call 020 3668 3344 at least one week before your procedure and a nurse will call you back.

- Take other medications as normal.
- Please bring a list of your regular medications and any inhalers or sprays with you.

Advice for diabetic patients

The period of starvation can upset your diabetes temporarily. Please contact us on 020 3668 3361 for further specific advice about your diabetes. Alternatively you may wish to contact your diabetic nurse.

On arrival at the endoscopy unit

- A nurse will check your details, including medications and allergies
- The test will be explained again and you will be asked to sign a consent form
- St George's University Hospitals NHS Trust is a national training centre for endoscopy. Students and qualified trainees may be involved in your care. If you do not want students to be present please inform the doctor or nurse in charge.

Asking for your consent

It is important that you feel involved in decisions about your care. You will be asked to sign a consent form to say that you agree to have the treatment and understand what it involves. You can withdraw your consent at any time, even if you have said 'yes' previously. If you would like more details about our consent process, please ask for a copy of our policy.

What happens during TNE?

- Prior to the procedure, two local anaesthetic sprays will be used to prepare you for the procedure. The first is used to numb the upper airway and expands the nostrils to help the endoscope pass through the nasal passage. The second spray is used to numb the back of your throat and has a slightly bitter taste. The effect lasts approximately 30 minutes.
- The transnasal endoscope is gently inserted via your nose into your stomach. This is not painful and will not make breathing or swallowing difficult, but you may feel uncomfortable during the test. Careful continued slow breathing (through mouth or nose) may alleviate any discomfort. The nurse may need to clear saliva from your mouth using a small suction tube. If you gag you won't vomit as your stomach will be empty. The test takes approximately 10-15 minutes.
- A biopsy may be taken during this test. You do not usually feel this.

Will I feel any pain?

You may feel some discomfort from the air that is put into the stomach during the procedure. It should not hurt.

What happens after TNE?

Following the procedure you will be taken to the recovery area for a short period of time. If you need to arrange transportation or do not wish to take public transport we can arrange a taxi to take you home, however you are responsible for the fare. A nurse will give you a copy of the endoscopy report as well as some important discharge advice.

Where do I go?

Please attend the Endoscopy Unit, Second floor, Nelson Health Centre, Kingston Road, SW0 8DA. Contact number: 0203 668 3361.

Is there parking at the hospital?

There is a car park with the entrance located on Kingston Road.

Results / Will I have a follow-up appointment?

Upon completion of the TNE the findings will be discussed with you. We will be able to tell you of any visual findings, however any samples taken will be sent to the laboratory for testing. This can take up to three weeks. The report will be sent to your referring doctor and your GP. If required, a follow up appointment will be sent to you through the post.

Contact us

If you have any questions or concerns about your TNE, you can call the Endoscopy department on 020 3668 3344 Monday to Friday 8.00am to 4.00pm.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.stgeorges.nhs.uk

Additional services

Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have

received. You can visit the PALS office between 9.30am and 4.30pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough wings (near the lift foyer).

Tel: 020 8725 2453 **Email:** pals@stgeorges.nhs.uk

NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

Web: www.nhs.uk

NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones. **Tel:** 111

AccessAble

You can download accessibility guides for all of our services by searching 'St George's Hospital' on the AccessAble website (www.accessable.co.uk). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.



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