

# Transnasal Endoscopy (TNE)

This leaflet explains about your transnasal endoscopy (TNE) and how to prepare for this procedure including when to stop eating and what medications you may need to stop. It also covers what you can expect when you come to hospital. It is important to read the enclosed consent form to ensure that you are fully prepared for the procedure.

Endoscopy procedures are booked at one of our three endoscopy sites: The Endoscopy Unit at St George's Hospital, the Day Case Unit at Queen Mary's Hospital, Roehampton or the Nelson Health Centre. Please refer to your appointment letter / text for the location of your procedure.

## Important information about your procedure

- St George's 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 when you are admitted.
- **STOP EATING SIX HOURS** before your appointment, clear fluids are allowed (**no milk**).
- **STOP DRINKING CLEAR FLUIDS TWO HOURS** before your appointment.
- Please read and bring your signed **consent form** with you to your appointment.
- TNE may not be suitable for patients who have had severe nasal trauma, suffer from nosebleeds, nasal polyps, or closed angle glaucoma. If any of these apply to you, please contact us to advise us so we can schedule you for a gastroscopy / OGD which is performed via the mouth.
- Please inform us if you have hypersensitivity to anaesthetics including lignocaine or phenylephrine hydrochloride.

### Important information about medication

- If you are taking medications for **diabetes** or to **prevent blood clots** such as Warfarin, Apixaban, Edoxaban, Rivaroxaban, Dabigatran, Clopidogrel, Ticagrelor or Prasugrel, please follow the instructions provided by the nurse. If you have not been contacted, please **contact us** on the numbers on page 4.
- The procedure may be affected if you are taking certain medications for the stomach. Please stop taking the following drugs for two weeks before your test: Famotidine (Pepcid), Lansoprazole (Zoton), Omeprazole (Losec), Pantoprazole (Protium), Esomeprazole (Nexium).
- Take other medications as normal.
- Please bring a list of your regular medications and bring any inhalers or sprays with you.
- If you are a diabetic, please bring your medication and a snack to eat after the procedure.

### What is transnasal endoscopy (TNE)?

TNE is a camera examination via the nose to the inside of the stomach. This can help to find the cause of your abdominal symptoms and to diagnose diseases of the upper intestine. Five to ten minutes before the start of the procedure, a local anaesthetic spray will be applied to both nostrils to numb the nasal passage and upper airway. This allows for easier insertion of the scope through the nose and into the oesophagus. You will also be asked to drink a 50ml solution of Infacol mixed with water before the procedure to help reduce the bubbles in your stomach and to give the endoscopist a clear view during the procedure.

The time taken to do the procedure is variable, but it is usually completed within 10 minutes. Please allow up to three hours in the hospital. The tube is thinner than your little finger, does not interfere

with your breathing and allows you to speak during the procedure. Sometimes a small tissue sample (a biopsy) is taken; this is painless, although rarely some patients may feel a tugging sensation.

Please be aware that although the camera is passed through the nose, a thorough examination of the nasal passages is not performed, although if pathology is seen this will be reported to the doctor who requested the test.

We recommend that you bring a book or magazine with you to read whilst you are waiting as the mobile phone signal is weak.

### **Will I have sedation?**

One of the advantages of TNE is that it is better tolerated than a gastroscopy / OGD where the camera is passed through the mouth. This means the gag reflex is not usually triggered and therefore a sedative is not offered for this procedure.

### **Are there any alternatives?**

On occasion, it will not be possible to complete the procedure via the nose. In these situations, we may ask if we can try to insert it via your mouth (gastroscopy / OGD). If this is performed at the same appointment, anaesthetic spray will be applied to the back of the throat to reduce the gag reflex. If it is still not possible to complete the procedure, you will be offered a gastroscopy / OGD with sedation on another day.

**For further information about the procedure, risks and alternatives please read the enclosed consent form.**

## Asking for your consent and signing the consent form

It is important that you feel involved in decisions about your care. Please take the time to read the consent form before your appointment. If you feel happy that you understand what is involved and agree to have the procedure, please sign the consent form and bring it with you to the appointment. You will have the opportunity to ask any questions before the procedures.

## Advice for diabetic patients

The period of starvation can upset your diabetes temporarily. A nurse will contact you with advice on how to manage your diabetes whilst you are fasting. Alternatively, you may get advice from your diabetic nurse.

## On arrival at the endoscopy unit

- A nurse will check your details, including health history, medications and allergies.
- You will have the opportunity to ask any final questions with the endoscopist before the procedure and to sign the consent form if you have not done so already.

## What happens after TNE?

Most patients can go home within 15 minutes after the procedure. A nurse will give you a copy of the procedure report as well as a discharge information leaflet with important advice.

A normal diet can be resumed 30 minutes after the procedure is complete. Please **DO NOT BLOW YOUR NOSE** for one hour after the procedure.

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.

### **Will I get the results / Will I have a follow-up appointment?**

We will give you a copy of the procedure report and discuss the findings with you before you are discharged. We will be able to tell you of any visual findings but tissue samples will be sent to the laboratory for testing. This can take up to six weeks. A copy of the report and any histology results will be sent to your GP. If you require a repeat procedure, this may be arranged on the day or an appointment will be sent to you by post, text or by 'phone.

### **Is there anything I need to watch out for after the procedure?**

It is normal to experience a mild sore throat for up to 48 hours following the procedure for which simple lozenges will help. Your nose may run for a few hours after the procedure and you may experience irritation in your nasal passage as well as some bloating from the air that we put into your stomach. These side effects are normal and will usually settle within a few hours.

The nasal spray may cause a mild headache and simple analgesia (pain killers) such as paracetamol can be taken according to the manufacturer's guidelines, if required.

If you develop a **nosebleed**, lean forward and apply pressure to the soft part of your nose for 10 to 15 minutes. If the bleeding does not stop, attend an Emergency Department with ENT Services (e.g. St George's Hospital). If you have had a nosebleed, avoid hot drinks and hot baths for three to four days.

If you have **severe pain** (neck chest or abdomen) within the first 24 hours, **vomiting** or **black tarry stools**, contact the Endoscopy Unit at the hospital where you had your procedure from Monday to Friday between 9am and 5pm on the telephone numbers on page 4 under **Contact Us** and ask to speak to the nurse in charge.

Outside of working hours, please go to your local Emergency department or alternatively, you can call your GP or NHS 111.

### **When can I get back to my normal routine?**

You should be able to return to work and to all your usual activities the same day.

### **Where do I go?**

Please see your appointment letter for the location of your appointment and the address below:

- **St George's Hospital**, Blackshaw Road, London, SW17 0QT.  
Please go to the Endoscopy Unit, First floor, St James' Wing.
- **Queen Mary's Hospital**, Roehampton Lane, London, SW15 5PN.  
Please present at the main reception and you will be directed to the Day Case Unit.
- **Nelson Health Centre**, Kingston Road, London, SW20 8DA.  
Please go to Endoscopy Reception, 2<sup>nd</sup> Floor.

### **Parking at the hospital**

For St George's Hospital there is a car park with the entrance located on Blackshaw Road. Queen Mary's Hospital and the Nelson Hospital each have a car park on site. Please ensure you check the rates before parking.

### **Contact us**

If you have any questions or concerns about your procedure, please contact us:

**For appointments at St George's Hospital or the Nelson Health Centre call:**

The Endoscopy Unit on 020 8725 1913 Monday to Friday 9am to 5pm.

**For appointments at Queen Mary's Hospital call:**

The Day Case Unit on 020 8487 6466 Monday to Friday 9am to 5pm.

**Additional resources**

[Gastroscopy - NHS](#) for further explanation about gastroscopy.

**For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.stgeorges.nhs.uk](http://www.stgeorges.nhs.uk)**

**Was this information helpful? Yes / No**

**Please let us know, contact**

**[patient.information@stgeorges.nhs.uk](mailto:patient.information@stgeorges.nhs.uk) and include the leaflet title.**

**Thank you.**

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**Additional services**

**Patient Advice and Liaison Service (PALS)**

PALS can offer you advice and information when you have comments or concerns about our services or care. You can contact the PALS team on the advisory telephone line Monday, Tuesday, Thursday and Friday from 2pm to 5pm.

A Walk-in service is available:

Monday, Tuesday and Thursday between 10am and 4pm

Friday between 10am and 2pm.

The Walk-in and Advisory telephone services are closed on Wednesdays.

Please contact PALS in advance to check if there are any changes to opening times.

PALS is based within the hospital in the ground floor main corridor between Grosvenor and Lanesborough wings.

**Tel:** 020 8725 2453 **Email:** [pals@stgeorges.nhs.uk](mailto:pals@stgeorges.nhs.uk)

### **NHS UK**

The NHS provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health. **Web:** [www.nhs.uk](http://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 our services by searching 'St George's Hospital' on the AccessAble website ([www.accessable.co.uk](http://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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