

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.
- **IMPORTANT:** If you are taking **GLP-1** medication e.g. Mounjaro, Wegovy, Ozempic, you will need to **STOP EATING** solid foods for **24 HOURS** before your appointment, and drink clear fluids only. **STOP DRINKING CLEAR FLUIDS TWO HOURS** before your appointment.
- Please read the enclosed **consent form**.
- 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 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).
- If you are diabetic, please bring your medication and a snack to eat after the procedure.
- If you take **GLP-1 medication** such as Mounjaro, Wegovy, Ozempic, please follow the extended fasting period in box 1 above and on Page 3, to ensure your stomach is empty.
- Please bring a list of your regular medications and bring any inhalers or sprays with you.
- Take other medications as normal.

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) will be taken, this is painless, 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 attached 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. You will be provided with a full copy of the consent form on arrival for your appointment and if you feel happy that you understand what is involved and agree to have the procedure, please sign the consent form. You will have the opportunity to ask any questions before the procedure.

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.

Advice for patients taking GLP-1 medications e.g. Mounjaro

If you are taking medication such as Semaglutides (e.g. Wegovy, Ozempic, Rybelsus), Tirzepatide (Mounjaro) or Liraglutides, to manage diabetes, cardiovascular disease or weight loss, food moves more slowly through your gut and you therefore need to follow an extended fasting period to ensure your stomach is empty of food.

DO NOT EAT FOOD FOR 24 HOURS BEFORE YOUR APPOINTMENT. During this time, you should **DRINK CLEAR FLUIDS ONLY**. Stop drinking two hours before your appointment time.

Clear fluids include:

Water, fizzy drinks, Lucozade, squash (not red or blackcurrant), clear soups, Bovril or broth, black tea and coffee (no milk) and jelly (green and yellow only).

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, 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, simple analgesia 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 10-15 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 3-4 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 Monday to Friday between 09.00 and 17.00 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 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, 2nd 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

<https://www.nhs.uk/conditions/gastroscopy> for further explanation about gastroscopy.

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 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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