

# Transnasal oesophagoscopy (TNO)

## Patient Information

You have been advised to have a transnasal oesophagoscopy (TNO). This information sheet has been prepared to help answer any questions you may have. **It is important to read this information sheet before your procedure.**

## What is a TNO?

This is when a thin, flexible tube (scope) is inserted up your nose, to examine your nose, throat, voice box (larynx), gullet (oesophagus) and the upper part of your stomach. This is done under **local anaesthetic**, which is a spray that is used to numb the nose and throat. This allows us to observe the food pipe and swallowing under more natural conditions. This procedure should not take any longer than 10-15 minutes. It may take longer if a biopsy is needed - this is a small piece of tissue that may be taken as part of additional investigation.

## What are the main reasons to have a TNO?

TNO helps to identify causes of persistent throat pain, swallowing difficulties, and feeling a lump in the throat. Patients with chronic cough, asthma-type symptoms, hoarseness, and throat irritation and discomfort, can also undergo a TNO. Very occasionally throat symptoms may be caused by throat or oesophageal cancer. TNO is used to look at the lining of the throat and food pipe to rule out cancer.

## How to prepare for the procedure?

- Please take your regular medication as usual with water. If you are taking **blood thinning medications**, such as Warfarin, Aspirin, Apixaban or Clopidogrel, please call the outpatient treatment centre anticoagulant line on **0300 019 2145** on receipt of this letter to confirm if these medications should be stopped before your appointment.
- Please bring a list of your medications
- Do not eat and drink for four hours before the procedure. Make sure the last meal you have is a light one. You can have sips of water for up to 45 minutes before the procedure.

## What are the risks of a TNO?

- In 2% of patients, nasal passages aren't wide enough to allow the scope to be passed through
- 5% of patients may have nose discomfort and/or nosebleed
- All procedures carry a small risk of infection and bleeding
- Most patients have some bloating for a short time after the TNO, which passes with belching.
- Some patients may also feel dizzy, and a small number of patients may faint

## After the procedure

- You should not eat and drink for one hour after the procedure, due to the numbing of the throat.
- You can drive yourself home
- You do not need anyone to be with you at home with you after having a TNO, unless you feel unwell.

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