

## Patient information factsheet

# Transnasal endoscopy (TNE): throat spray aftercare advice

You have had a transnasal endoscopy (TNE) today: \_\_\_\_\_

A transnasal endoscopy (TNE) is when a very slim, flexible tube called an endoscope is used to look inside the stomach.

You have had a local anaesthetic spray to your throat and your nasal passages but have not had any sedation, so there is no reason why you cannot resume your normal daily activities.

### Please follow the advice below carefully:

Do not eat or drink until \_\_\_\_\_

Before you start to eat a normal diet, you should sip some cold water to test that you are able to swallow normally:

- If you can feel yourself swallowing you can eat and drink normally.
- If it does not feel normal yet, you should wait another fifteen to thirty minutes and try again.

When your swallowing feels normal, continue your normal medication unless your doctor or nurse advises otherwise.

Patient sticker	Throat spray	
	Biopsies	
	Test for helicobacter	
	Dye spray	

**Advice given by:** Signature: \_\_\_\_\_ Print name: \_\_\_\_\_

After the procedure, you may experience some windy, cramp-like pains due to the air we passed through the endoscope. This is normal and should settle within 24 to 48 hours. You may also have a sore throat. This should also settle within 24 to 48 hours.

If the pain does not settle, or you are at all concerned about your recovery, please contact the endoscopy unit on **023 8120 3186** (8am to 6pm) or your GP.

If you cannot get through to either of these, or if it is out of hours, please contact the emergency department on **023 8120 6220**.

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If you experience any unexplained pain in your chest or persistent nose bleeding, contact your GP or go to your nearest emergency department immediately. Take this sheet with you.

You can get further advice by calling 111.

## After your endoscopy appointment

When you are ready to go home from the endoscopy unit we will:

- explain what we have done today and what we have found
- give you a copy of your consent form
- give you an advice sheet on what you should and should not do
- give you some follow-up advice
- give you a prescription if required

## Further information

If you need to see a GP within the next two weeks, please take this factsheet with you. If we are arranging an appointment for you to be seen in outpatients, this will be sent to you by post. Please ask the nursing staff if you have any questions about your treatment or services within the endoscopy unit.

## Useful links

[www.nhs.uk/conditions/endoscopy/](http://www.nhs.uk/conditions/endoscopy/)

For a translation of this document, or a version in another format such as easy read, large print, Braille or audio, please telephone **023 8120 4688**.

For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit **[www.uhs.nhs.uk/additionalneeds](http://www.uhs.nhs.uk/additionalneeds)**