

Transnasal (TNE) aftercare advice

Today you have had a transnasal oesophago-gastro duodenoscopy (TNE), also known simply as a transnasal endoscopy. Access is gained through the nose, rather than the mouth. You are unlikely to have any serious side effects but please be aware of the following information and advice.

What to expect after your procedure

- Your throat may feel slightly sore for a few hours.
- You can start eating and drinking one hour after the procedure.
- You may also feel a little bloated if some air used in the procedure has been left inside.
- These things will pass and there is no need for any medication.

Serious side effects from this procedure are rare; however, if you have any problems with:

- A persistent sore throat
- Worsening chest pain or
- Abdominal pain
- Continuous nasal bleeding

Please contact your GP immediately, informing them that you have had a transnasal endoscopy.

If you experience any COVID-19 symptoms after your procedure, advice to manage your symptoms is available at www.nhs.uk/conditions/coronavirus-covid-19/.

Contact information

Up to 7 days after your procedure, contact the Endoscopy Unit (Mon-Fri 9am – 5pm) on 0118 322 7458 / 7459. Out of hours and weekends, ring Sidmouth Ward on 0118 322 7467 / 7468.

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

Endoscopy Unit, August 2022

Next review due: August 2024