



What happens when you come to ENT Outpatients

Your GP has referred you to the Ear Nose and Throat (ENT) Outpatients Department at the Royal Berkshire NHS Foundation Trust, (Reading, Bracknell, West Berkshire Community Hospital and Townlands Memorial Hospital). This leaflet outlines what to expect during your appointment.

Introduction

When you come for your appointment, you should be prepared for a full examination of your ears, nose and throat. The sort of examination you may have will be outlined below. These are the most frequently performed examinations but other examinations may be carried out in order to diagnose and treat you. The specialist will always explain what they are going to do in order to obtain your agreement and understanding first.

You may be given medication while you are in the department.

Ears

The specialist may look around and in your ear using a hand-held instrument called an auroscope. This allows us to get a clearer view of your ear canal and eardrum.

Your ear may require micro-suction (like a small vacuum cleaner); this enables us to clean out your ear canal, which will help us diagnose and treat your condition.

You may also need a hearing test.

Nose

While examining your nose, the specialist may look inside your nose using a nasal speculum. This is a small instrument that holds your nostrils open to allow a clearer view. Sometimes, a flexible telescope is inserted into the nose to get a better look inside. This is not normally painful and if you find it uncomfortable, a local anaesthetic spray can be used.

Depending on your condition, your nose may require cauterisation (a small chemical burn) for conditions such as nosebleeds, in order to stop the bleeding. Your nose will be numbed with a local anaesthetic before this happens.

Throat

While examining your throat, the specialist may look inside your throat using a tongue depressor or nasendoscope. A nasendoscope is a narrow flexible tube that has a camera inside to give a clear view of your throat and voice box.

The nasendoscope is passed through your nose, which may have been numbed with a local anaesthetic first.

Please let us know if you are not attending an appointment by telephoning ENT Outpatient Department (CAT 1) 0118 322 7139 or email rbbh.CAT1@nhs.net.

How to contact us

Clinical Admin Team (CAT1) (Monday to Friday, 9am to 4pm) Tel: 0118 322 7139 or email: rbb-tr.CAT1@nhs.net

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

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

RBFT ENT Department, December 2025.

Next review due: December 2027