



# Transnasal Oesophagoscopy (TNO)

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**This leaflet explains what to expect when you have a Transnasal Oesophagoscopy in the Ear Nose & Throat Outpatient Department.**

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## **What is a Transnasal Oesophagoscopy (TNO) and why do I need one?**

The procedure allows your doctor to examine the entire breathing and swallowing passages from the nose all the way down into the stomach. It is a procedure which may sound a little alarming but is in fact very well tolerated by patients and can easily be performed without need for an inpatient stay.

We do this test to find the cause of problems with your voice or with swallowing, heartburn, cough, and other symptoms.

## **What does it involve?**

We would ask you to have **nothing to eat for four hours** and **nothing to drink for two hours** before your appointment.

A little anaesthetic spray will be applied to your nose and throat 5-10 minutes before your TNO then a fine telescope attached to a camera is passed through the nose. Patients do not usually have a strong gagging sensation. A video recording is taken so that it will be possible for you to review the examination should you so wish at the end of the procedure. It will take no more than 10 minutes to perform the TNO.

## **After your TNO**

Do not eat or drink anything for 2 hours following your procedure to allow time for the anaesthetic to wear off.

You should have very little after effects following the procedure other than slightly numb throat for a couple of hours and possibly a little burping.

## **How to contact us**

Clinical Admin Team (CAT1) (Monday to Friday, 9am to 4pm)

Tel: 0118 322 7139 or email [CAT1@royalberkshire.nhs.uk](mailto:CAT1@royalberkshire.nhs.uk)

ENT Outpatient Department (Townlands) reception: 01865 903274

To find out more about our Trust visit [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

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

Mr R J Corbridge/Mr T Rourke, RBFT ENT Department, January 2024

Next review due: January 2026

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