

Transnasal Oesophagoscopy (TNO)

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

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 4 hours and nothing to drink for 2 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

For further information about the Trust, visit www.royalberkshire.nhs.uk

This document can be made available in other languages/formats upon request.

Mr R J Corbridge/Mr T Rourke, ENT Department, August 2015

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