

What happens when you come to ENT Outpatients

Introduction

Your GP has referred you to the Ear Nose & Throat (ENT) Outpatients Department at the Royal Berkshire Hospital.

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. We may also need to carry out other medical examinations in order to diagnose and treat you.

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

Ears

The specialist may look around and in your ear using a hand-held instrument called an auriscope. 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 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 mirror 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.

These are the most frequently performed examinations but other examinations may be carried out. The specialist will always explain what they are going to do in order to obtain your agreement and understanding first.