

Transnasal Esophagoscopy (TNE)

with possible biopsy

BEFORE YOUR APPOINTMENT:

Nothing to eat 4 hours prior to your appointment. This is **extremely important** to avoid nausea and emesis during the procedure.

Medications can be taken with a sip of water or you may also bring your medications with to the appointment and take them when the procedure is completed.

PROCEDURE DETAILS:

TNE takes less than 30 minutes and comfortable clothing is recommended. The procedure is performed in the office without sedation and patients can drive themselves home.

Patients sit in a standard examination chair in the room. Topical anesthesia (lidocaine) and decongestion (Afrin) are applied to one of the nasal passages. A small amount of lidocaine liquid is swallowed to help numb the throat and esophagus. A flexible endoscope (camera) is then passed through one of the nasal passages into the throat and down into the esophagus. Air is puffed into the esophagus and stomach, which can cause a temporary gassy, bloated feeling.

Patients can experience discomfort in the nose, the throat, and the stomach, which stops when the endoscope is removed. Some individuals might feel lightheaded. The camera is then advanced to the end of the esophagus and into the stomach. Video images are taken during the examination to review with the patient at the end of the visit.

AFTER YOUR PROCEDURE:

Patients will have a numb throat for 45 minutes to an hour after the procedure. They should not have anything to eat or drink for one hour after the procedure to make sure they don't aspirate (have food or liquid go down "the wrong pipe"). The nose can sometimes be a little sore after the procedure. Taking Tylenol should be sufficient to control any discomfort related to this.

If you need to reschedule or cancel, please notify us **24 hours prior** to your appointment.

Plan on being at our clinic for 1 ½ hours.

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