

Transnasal Endoscopy

Discharge information for patients



Transnasal Endoscopy with local anaesthetic throat spray Discharge Information

Side effects - After your Transnasal Endoscopy you may experience the following symptoms:

Abdominal discomfort

You may feel a little bloated and have some wind-like pains because of the gas passed into your stomach during the procedure. This should settle within a few hours.

Sore Nose and/or Throat

You may have a sore nose and/or throat. If you blow your nose, there may be a few spots of blood or a small nose bleed. If you had a biopsy taken, you may bring up a small amount of blood stained fluid. This is quite normal and will pass within 24 – 48 hours.

Complications

Contact NHS 24 or A&E if you experience any of the following symptoms:

- Severe pain in the neck, chest or abdomen
- Bring up more than a small amount of blood
- Nose bleed that does not stop
- Breathing difficulties
- High temperature, sweats or chills
- Pass blood (red or black) in your bowel movements
- Vomiting

Contact telephone numbers can be found overleaf.

Medication

Please continue to take any regular medication unless otherwise advised by us.

Local anaesthetic Throat Spray

It is very important that you **DO NOT EAT OR DRINK FOR 30 MINUTES** after your throat has been sprayed. Start off with sips of water only, and if you have no problems you can start eating and drinking as normal.

You can start eating and drinking after: _____

Results

You should have already received a copy of your results, but a copy of the report will also be sent to your GP.

If you had biopsies taken these results will be sent to you as soon as they are available. This can take several weeks. Your GP will also be sent a copy of your biopsy results.

If you need to make an appointment with your GP regarding your results, please contact your health centre to ensure they have received them first.

Follow up

- ☐ No further follow up required ☐ Follow up with your GP ☐ Follow up in clinic
- ☐ A follow up procedure is required

If you need a follow up procedure as part of a surveillance programme or to reassess any abnormalities found at your endoscopy, your case will be reviewed by us 2 months before the procedure date. This will make sure it still needs to be done according to the most up-to-date guidelines.

If any changes are required following this review, you will be informed at that time.

Any other relevant information

Contact telephone numbers

Western General Hospital	0131 537 1327 or 0131 537 1695
Royal Infirmary of Edinburgh	0131 242 1600
St John's Hospital (voicemail)	01506 523 982
East Lothian Community Hospital	01620 642 885
Leith Community Treatment Centre	0131 536 6442
NHS 24	111 Freephone
Accident and Emergency (Royal Infirmary of Edinburgh switchboard)	0131 536 1000

