

Trans-Nasal Endoscopy

Post Procedure Advice

After your investigation

- Do not eat or drink for **30 minutes** after the throat spray.
- For the next **24 hours** everything you eat, or drink should be cooled and not too hot.
- You may continue your normal medications. However, if you have been advised to stop a blood thinning medication, a nurse will let you know before you leave when it is safe to start taking it again.

If you have had sedation, for the following 24 hours:

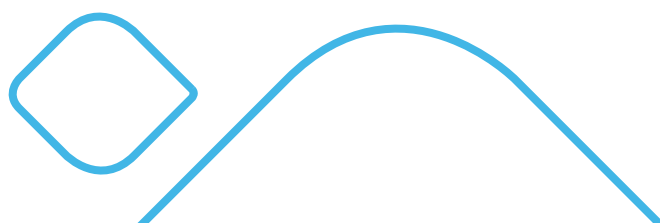
- You cannot legally drive.
- You must not use or operate machinery and electrical appliances.
- You must not drink alcohol.
- You should not sign any important documents or papers that you may not want to agree to at a later time.
- You must not look after anyone who needs your help to manage, such as young children or older members of the family.
- You must have someone to supervise you at home and accompany you during your discharge from the hospital.

Nose Bleed (epistaxis) is not unusual after having a trans-nasal endoscopy. We recommend:

1. Sit up with your head tilted forward. This is to prevent blood being swallowed.
2. Pinch the soft part of your nose (below the hard nasal bones) between thumb and forefinger for at least 10 minutes without letting go.
3. Place an icepack on the bridge of your nose or sit in a cool aired room.
4. If after 30 minutes bleeding persists, go to an emergency department.

Once the bleeding has stopped:

1. Rest and avoid vigorous activity such as exercise.
2. Avoid stooping, bending and lifting heavy weights.
3. Avoid blowing your nose vigorously. If needed, blow gently through one nostril at a time.
4. Open your mouth if you need to sneeze.
5. Avoid smoky atmospheres, alcohol and hot spicy foods for 48 - 72 hours.



You may experience:

- Slight abdominal (tummy) discomfort immediately following the procedure due to the air introduced. This can be relieved by moving around, passing wind or warm drinks when you are able to.
- A mild sore throat which usually resolves within 24 hours, taking throat lozenges can help.

Follow Up:

- Your results will be discussed with you before you are discharged, and a copy of the report is usually provided.
- If biopsies have been taken, you will be informed with the results either at your outpatient appointment, or in a letter. We will also let your GP know by giving them a copy of the letter.

Please seek medical help straight away if you develop any of the following symptoms:

- Severe pain and/or vomiting.
- Rectal (back passage) bleeding, black tarry stools or vomiting blood.
- A high temperature and/or 'flu like' symptoms.
- Redness, pain and/or swelling at the site where you had a cannula if you had sedation.
- Persistent and/or worsening nose bleeds.

On Monday to Friday between 08.00 and 18.00 please call the endoscopy department on 01225 821425 or 01225 821788.

Out of hours please call 01225 824430 to speak to a nurse for advice.

If in doubt, go straight to the nearest emergency department or call NHS 111.

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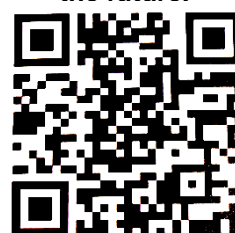
If you would like this leaflet in email form, large print, braille or another language, please contact the Patient Support and Complaints team on 01225 825656.

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Green Endoscopy

