

## **Transnasal flexible laryngo-oesophagoscopy (TNO)**

This procedure allows the doctor to examine your nasal passages, throat, voice box (larynx), and upper oesophagus using a thin flexible tube with a small video camera at its tip, known as an endoscope. The tube is narrower than a little finger, and you will be able to breathe normally throughout the examination. The procedure typically takes approximately 10-15 minutes to complete.

During the procedure the doctor may take a small sample of tissue (biopsy) to be examined very closely under a microscope or perform an additional procedure.

### **Before your appointment**

We recommend that you attend your appointment with a friend or relative and avoid using public transport. Your companion will be asked to wait in the designated waiting area during your procedure as visitors are not permitted in the treatment room, except under special circumstances. Please refrain from eating or drinking for at least 2 hours prior to the procedure.

### **Medications**

It is important that you bring a list of your current medications with you so that you can give it to the nurse on arrival.

If you are taking anticoagulation medications, such as warfarin, clopidogrel, aspirin, rivoraxaban, dabigatran tablets, please inform the ENT nurse – see 'useful contact details' on page 3. Your doctors may decide that it is necessary for you to stop taking the tablets for a limited time before your procedure.

### **Consent**

We want to involve you in decisions about your care and treatments. If you decide to go ahead with your procedure, you will be asked to sign a consent form. This states that you agree to have the treatment and understand what it involves.

### **Before and during the procedure**

- A nurse will take you to the procedure room in the outpatient area. In the room you will be made comfortable. You will not need to get undressed.
- A local anaesthetic (liquid spray and gel) will be applied into your nostrils and mouth.

- After the local anaesthetic has taken effect, the doctor will insert the tube (endoscope) into your nose, along the back of your throat and into your gullet. It will not cause pain, nor will it interfere with your breathing.
- During the procedure some air will be passed down the tube (endoscope) to allow the doctor to have a clear view. The air is sucked out at the end of the procedure. When the procedure is finished, the tube (endoscope) is removed quickly and easily.
- During the examination a small piece of tissue (biopsy) may be taken, or an additional procedure may be performed to help with your voice and/or swallowing.

## After the procedure

You will need to refrain from eating or drinking for at least one hour after the procedure, as the temporary loss of sensation may impair your ability to swallow safely and increase the risk of choking. After one hour, you may resume eating without dietary restrictions. However, if there is a risk of bleeding, we advise avoiding hot foods and beverages. You may resume a normal diet the following day if no bleeding occurs

## Follow-up appointment

The doctor will discuss and explain the outcome of the procedure. However, if a biopsy has been taken, the results may take 10-14 days. Details of the results and any necessary treatment will be sent to your GP or a further appointment may be required and will be sent to you via post.

## Benefits

The main benefit of the TNO procedure is to find out the cause of your symptoms, such as difficulty of swallowing, voice changes, bleeding and monitoring of longer-term conditions.

## Risks and complications

- Some patients may experience discomfort after the procedure and, very rarely, a small amount of bleeding can occur; this will stop eventually after few minutes.
- There is a very small percentage of chance of infection and a tear to the gullet. Rarely, this can make you very unwell.
- You should consult your GP or go straight to your nearest Emergency Department if you develop fever, back and chest pain or bleeding profusely.

## What are the alternatives, including no treatment?

You may choose to have a similar procedure done under general anaesthetic or have a scan done. Please discuss this with your ENT consultant before the TNO appointment.

## Further information

### ENT UK website:

- [www.entuk.org/patients/conditions/54/transnasal\\_oesophagoscopy\\_tno](http://www.entuk.org/patients/conditions/54/transnasal_oesophagoscopy_tno)

## Useful contact details

### East and North Hertfordshire Teaching NHS Trust:

- Website [www.enherts-tr.nhs.uk](http://www.enherts-tr.nhs.uk)
- Telephone 01438 314333

### ENT Department, Lister Hospital:

- Telephone 01438 314123
- Telephone 01438 318438

### NHS 111:

This phonenumber can help if you have an urgent medical problem and you're not sure what to do. It is available 24 hours a day, 7 days a week.

- Telephone 111

**In an emergency, dial 999 and request an ambulance or attend your nearest Emergency Department.**

## Leaflet information

**You can request this information in a different format or another language; please speak to your doctor or nurse.**

**Date of publication:** July 2025

**Version number:** 1.1

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**Reference:** ENT

**Review Date:** July 2028

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