

Transnasal Esophagoscopy (TNE)

You will be undergoing a procedure in the clinic called a Transnasal Esophagoscopy (TNE). This procedure is performed in our clinic using only local anesthetic. Since we do not use sedation, you will be able to leave about 15 minutes after your procedure has been completed. The endoscope that we use is a flexible thin scope that is inserted through your nose and into your throat to view your vocal folds, larynx, and esophagus. This procedure is an excellent technique to diagnose reflux esophagitis, hiatal hernia, Barrett's esophagitis (a pre-malignant condition), esophageal strictures, and webs. Patients with reflux affecting the throat and larynx often have esophagitis, even in patients without heartburn or indigestion.

Before the procedure, we will spray your nasal passages with a local anesthetic mixed with a decongestant to open up your nasal passages so that the scope will pass through your nose easily. Afterwards, we will place a small amount of this medication on a cotton pledgette. This pledgette will be placed gently into your nostril and remain in place for 5 minutes.

Prior to this procedure, we ask that you have nothing to eat or drink for four hours, including water. While it is not necessary that you have a person accompany you to your appointment, you may feel more comfortable having someone escort you home. However, you are free to leave on your own and drive yourself home after the procedure.

The most common complication associated with this procedure is a nosebleed. An extremely rare complication would be a perforation of your esophagus, especially in a patient undergoing esophagoscopy without sedation. However, an esophageal perforation is a life-threatening complication.

Please notify our office if you experience:

- Shortness of Breath
- Chest Pain
- Abdominal Pain
- Abdominal Distension
- Pain radiating to your back
- Continuous nosebleed

Our phone number is (202) 741-3260. If you need to speak with us after hours, please call the office number and ask to speak to the ENT resident on call.

If any biopsies were taken of your esophagus during your procedure, you may call the office in one week for the pathology results.