

EAR, NOSE AND THROAT ASSOCIATES OF CHESTER COUNTY

Alexander C. Keszeli, D.O. **Alfred J. Mauriello, II, M.D.**
Michael A. Picariello, M.D. **Joseph L. Smith, II, M.D.**
Daniella D. Benson, PA-C
Nicole A. Walstein, PA-C

TRANSNASAL ESOPHAGOSCOPY (TNE) **"GASTROESOPHAGOSCOPY"**

INTRODUCTION:

An endoscope is an instrument used to examine an interior part of the body. Endoscopes may be either rigid or flexile, and they have a light at the end that illuminates the area for visibility. During transnasal esophagoscopy (TNE), a thin flexible endoscope is inserted through the nose and down the throat in order to gain view of the vocal folds, larynx (voice box), esophagus, or other structures of the throat. Patients do not need to be sedated before undergoing TNE. Super thin transnasal endoscopes are superior in several ways, including being better tolerated by patients, and being more cost effective. In addition, because intravenous sedative medication is not required before TNE, the risk of complications is lower than with conventional endoscopy.

Transnasal Esophagoscopy is used to examine patients who may have a mass in the neck, throat, airway or esophagus. Patients with sleep apnea may undergo TNE to check for obstruction in the throat. Patients suffering from gastroesophageal reflux disease (GERD) may also benefit from TNE as it can reveal manifestations of GERD in the esophagus. For patients with GERD and asthma, challenging symptoms such as chronic cough can be better understood through TNE. The procedure can allow physicians to view the effects of GERD in the throat, effects that are far more common than previously realized, and that may increase patients' risks for cancer of the larynx and hypopharynx.

PATIENT INSTRUCTIONS:

Please read and familiarize yourself with these instructions both ***BEFORE AND AFTER*** surgery. By following them carefully, you will assist in obtaining the best possible results from your surgery. If you have any questions, please speak with our doctors or nurses.

For one (1) week prior to surgery, you should not take any aspirin or aspirin containing drugs, nor any ibuprofen or ibuprofen containing drugs. Examples of these include Advil (Motrin), Naprosyn (Naproxen), or Fiorinal. Also, supplements which should be avoided include Vitamin E capsules, omega 3 (fish oil), or glucosamine chondroitin. If you are required to be on any of these medications, discuss this matter directly with the doctor before stopping. If you are on Coumadin (Warfarin), Aspirin, or Plavix, please discuss with the prescribing physician about how to adjust this medication prior to your surgical procedure.

- Do not eat any solid food for ***six to eight hours prior*** to the procedure.
- Do not have any liquids for ***two hours prior*** to the procedure.

- Complications are rare, but nosebleeds are possible.
- Do not eat or drink anything for approximately *one hour after* the procedure until the throat numbness resolves.
- Please contact our office at 610-363-2532 with any questions or concerns.

IMPORTANT:

**If it becomes necessary to cancel or reschedule your surgery, please give our office at least 48 hours notice. Due to the time required for this procedure, we find it necessary to charge patients who cancel less than 48 hours prior, or fail to show up for their appointment \$100.00 fee. Cancellation of two appointments will also incur this charge, and prepayment of the procedure will be required prior to rescheduling.