



HEAD & NECK CANCER
AUSTRALIA
FORMERLY BEYOND FIVE

NASOENDOSCOPY

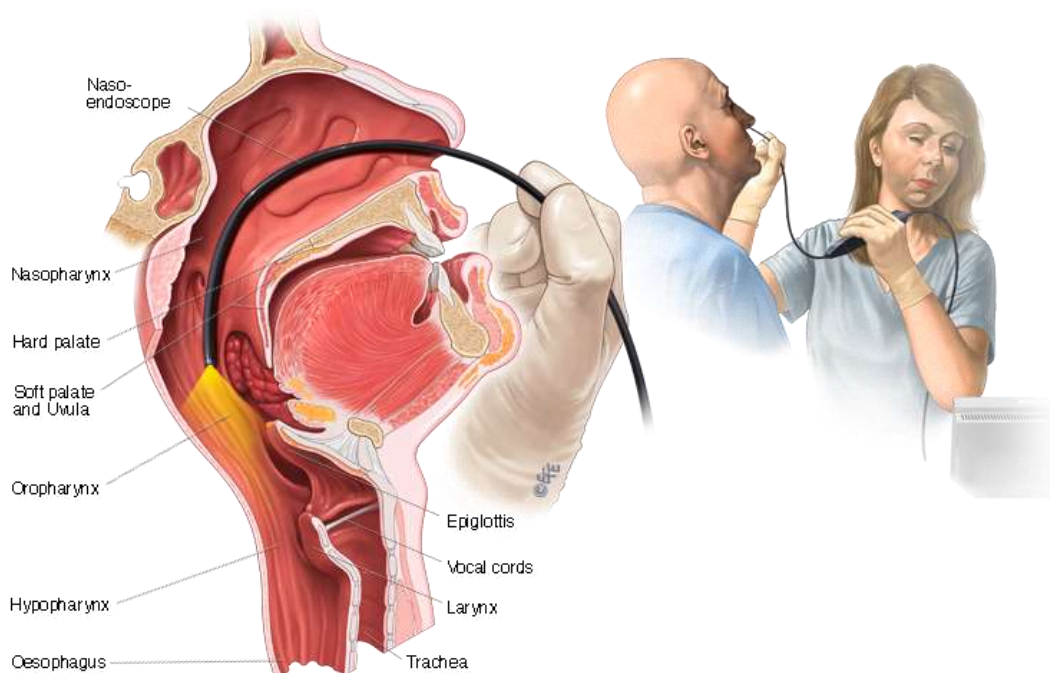


NASOENDOSCOPY

This information aims to help you understand the procedure, what is involved and some common complications that may occur. It may help answer some of your questions and help you think of other questions that you may want to ask your cancer care team; it is not intended to replace advice or discussion between you and your cancer care team.

AN OVERVIEW TO NASOENDOSCOPY

- Nasoendoscopy is an examination to look inside the nose (nasal passage), throat (pharynx) and voice box (larynx).
- It is performed using an endoscope, which is a flexible tube with a light and camera on the end of it (see image).
- The endoscope is put in the nostril and gently passed to the back of the throat.
- Images from the endoscope may be projected onto a screen.
- The test usually takes about one minute or less.



WHY IS A NASOENDOSCOPY NEEDED

- Nasoendoscopy is often performed as part of the routine examination of the nose, throat or voice box.
- It allows the operator to see areas that are difficult to examine
- It may find a cause for symptoms you are experiencing in these areas.
-

HOW TO PREPARE FOR THE PROCEDURE

- Apart from a local anaesthetic spray, no other preparation is required for the test.
-

WHAT TO EXPECT DURING THE PROCEDURE

- A nasendoscopy is not painful as the tube is soft and flexible. You may feel some pressure
- A local anaesthetic spray is used to numb the nose and throat to reduce any discomfort. The spray may taste bitter and lasts for up to 20 minutes.
- The endoscope is then gently inserted into one of the nostrils and back through the nasal cavity. It is then slowly pushed down through the throat to the voice box.
- You will be awake during the procedure and you may be asked to:
 - Relax - the procedure is easier if you are not tense
 - Breathe through your nose – this makes the palate muscles relax so the tube can be passed from the back of the nose (nasopharynx) to the back of the mouth (oropharynx)
 - Swallow – this clears any mucus from the camera
 - Stick out your tongue – this helps show the back of the tongue (tongue base)
 - Say “eeeeee” – this makes the vocal cords close
 - Breathe in or sniff – this makes the vocal cords open
 - Puff out your cheeks – this opens the area of the throat around the voice box (hypopharynx)
- The doctor may also take some tissue samples (known as a biopsy) so that the cells can be examined in detail by a specialist pathologist, under a microscope.

WHAT TO EXPECT AFTER THE PROCEDURE

- You can go home straight after the test but should avoid eating or drinking for around 30 minutes.

THE POSSIBLE RISKS OF NASOENDOSCOPY

There are very few side effects or complications associated with nasoendoscopy:

- Occasionally sneezing may occur during or after the examination.
- There may be some minor soreness in the nose and throat for a day or so.
- In rare cases, bleeding from the nose may occur. This also usually stops very quickly.

QUESTIONS TO ASK YOUR DOCTOR

- Why do I need a nasoendoscopy?
- Will this test confirm the diagnosis of cancer?
- What exactly will be done during nasoendoscopy?
- Who will carry out the nasoendoscopy?
- Are there any possible side effects I need to know about and who do I contact if they happen?
- How much will the procedure cost?

You may want to write additional questions here to ask your doctor or cancer care team

About Head and Neck Cancer Australia

Head and Neck Cancer Australia (formerly Beyond Five) is Australia's only charity dedicated to providing information and support to people living with head and neck cancer, caregivers, family and healthcare professionals.

Head and Neck Cancer Australia's mission is to improve the quality of life of everyone affected by head and neck cancer through education and access to support and to raise awareness of head and neck cancer nationally.

Head and Neck Cancer Australia supports people through their cancer journey, from diagnosis to treatment and life after cancer by providing comprehensive, easy to understand and easy to access information. We have the only Directory of Head and Neck Cancer services and support groups available in Australia and New Zealand helping people to find the right services and support when they need it most.

Phone: 1300 424 848

Email: contact@headandneckcancer.org.au

Web: www.headandneckcancer.org.au

***Head and Neck Cancer Australia Disclaimer:** You acknowledge and accept that the information in this factsheet is for general information purposes only. It is not intended, nor should it be relied on, as medical or legal advice, or as a substitute for consultation with a physician or other licensed healthcare provider. You agree that if you have individual healthcare-related questions you should contact your doctor promptly and should not disregard professional medical advice, or delay seeking it, because of information contained here. You also agree that Head and Neck Cancer Australia is not liable for any injury or damage to persons or property (howsoever caused, including by negligence) arising out of or related to any use of Head and Neck Cancer Australia's patient education materials, or for any errors or omissions.*

First Published: 2016

Last updated: November 2020