

**Introduction**

Nasoendoscopy is the endoscopic examination of the velopharynx, or the nose, often with a CCD camera or a fiber optic camera on a flexible tube passed through the nostril. It can provide information to evaluate speech and velopharyngeal function or dysfunction, as in diseases such as sinonasal carcinomas.

**Indication**

The sorts of conditions which can be assessed using nasoendoscopy include:

1. Recurrent nosebleeds.
2. Growths in the nose (nasal polyps).
3. Chronic sinusitis.
4. Suspected cancer of the nose, throat (nasopharyngeal or oropharyngeal) or voice box (larynx).
5. Foreign body in the nose or throat.
6. Problems with speaking (dysphonia).
7. Problems with swallowing (dysphagia).
8. Breathing problems during sleep (obstructive sleep apnoea).

**Preoperative Preparation**

1. Admit 1 day before or on same day of this “elective” operation.
2. Anaesthetic assessment. Inform your doctors about drug allergy, your regular medications or other medical conditions.
3. Keep fast for 6 to 8 hours before operation.
4. Empty bladder and change to operation clothes before transfer to operating room.
5. Pre-medication, intravenous line and antibiotic prophylaxis may be required.

**Postoperative Instruction****General**

1. Mild discomfort or pain over the operation site. Inform nurse or doctor if pain severe.
2. Inform nurses if more analgesics are required
3. Usually go home on day after the operation

**Wound care**

In the first day after operation, patients can have shower with caution.

**Diet**

Resume diet, usually 4 hours after anaesthesia, and when taking sips of water well.

**Common Risks and Complications** (not all possible complications are listed)**Anesthesia related**

Cardiovascular: myocardial infarction or ischaemia, stroke, deep vein thrombosis, pulmonary embolism, etc.

Respiratory: atelectasis, pneumonia, asthmatic attack, exacerbation of chronic obstructive airway disease

Allergic reaction and shock

Toxicity of local anaesthetic injected around the site of operation may result in serious complication although rare

**Procedure related**

1. Slight soreness in your nose and throat (pharynx) for a day or so afterwards.
2. The endoscope may cause sneezing, which stops immediately after the test.
3. May also occasionally cause slight bleeding from your nose.

**Things to take note after discharge**

You will be able to go home immediately after the doctor or nurse has discussed the findings of the nasoendoscopy. Your throat (pharynx) will usually feel numb until about one hour after the test. You should not eat or drink until your throat feels normal again. Having a nasoendoscopy does not affect your ability to drive home after the test.

**Remarks**

This is general information only and the list of complications is not exhaustive. Other unforeseen complications may occasionally occur. In special patient groups, the actual risk may be different. For further information please contact your doctor. Evangel Hospital reserves the right to amend this leaflet without prior notice. We welcome suggestions or enquiries on the information provided in this leaflet. Please contact our Healthcare professionals so that we could follow up and make improvement.

**References**

Queen Mary Hospital: “Flexible Nasoendoscopy”(2006)

Smart Patient: <https://www21.ha.org.hk/smartpatient/SPW/MediaLibraries/SPW/SPWMedia/flexible-nasoendoscopy.pdf?ext=.pdf> (03-08-2023)