



Northumbria Healthcare
NHS Foundation Trust

Northumbria Speech and Language Therapy Voice and Upper Airways Service

Issued by Northumbria Healthcare NHS Foundation Trust

Information for patients

In order to assess your voice and/or breathing difficulties we need to view the voice box using a fiberoptic nasendoscope.

Before the assessment

There are no special preparations for a nasendoscopy. You can eat and drink and take your medicines as normal.

What happens?

Two speech and language therapists will perform the assessment in an outpatient clinic. You will be awake and able to speak during the assessment.

A thin lighted tube will be passed through your nose to allow us to see into your throat. You will be given an anaesthetic spray to numb the nasal tissues and widen the nasal passage. It can be mildly uncomfortable but does not usually hurt. You will be asked to perform breathing and speaking exercises

What information does it give?

We can watch and record the movements of the muscles of your throat and voice box during breathing and speaking tasks. This will show if there are any changes that may be responsible for your symptoms.

How will it help me?

We shall be able to see if there are any mechanical changes to your breathing and laryngeal movements and if so it will be possible to try out exercises that can help to restore normal function.

Are there any risks with nasendoscopy?

It is a very safe procedure. On rare occasions mild nose bleed or temporary lightheadedness may occur. You will be able to drive and go home straight after the assessment.

How long will it take?

The whole process will take about 30 minutes but the tube will be in place for only about 10 minutes.

After the assessment.

The anaesthetic will wear off in under an hour. You should not eat and only sip drinks until your throat feels normal again.

Assessment for inducible laryngeal obstruction (ILO) or exercise induced laryngeal obstruction (EILO)

If you are experiencing breathing changes during exercise your voice box will be assessed in a similar way.

What happens during the assessment?

- Your nostril will be sprayed with anaesthetic.
- The nasendoscope will be attached to a helmet which you will wear.
- The tube is passed through your nose.
- You will be asked to perform breathing and speaking tasks at rest and during exercise on a treadmill.

This should take approximately 45 minutes.

Who will perform the assessment?

Members of the respiratory team which may include:

- specialist speech therapist
- respiratory physiologist
- specialist physiotherapist
- respiratory doctor

If you have any further questions please contact the Morpeth NHS Centre Speech and Language therapy department on 01670 500 949.

Alternative Formats

If you would like a copy of this information in large print, another language, audio tape or other format please call the Contact Centre on 03 44 811 8118.

Other sources of information

NHS 111

NHS Choices

www.nhs.uk/pages/homepage.aspx

NICE (National Institute for Health and Clinical Excellence)

www.nice.org.uk

Patient Advice and Liaison Service (PALS)

Freephone: 0800 032 0202

Text: 07815 500015

Email: northoftynepals@nhct.nhs.uk

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General Enquiries 03 44 811 8111

www.northumbria.nhs.uk

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