Transnasal Flexible Laryngo-Oesophagoscopy (TNFLO)

Introduction
You have been advised to have a Transnasal Flexible Laryngo-Oesophagoscopy (TNFLO) to help investigate the cause of your symptoms.

This leaflet has been prepared to help answer any questions you may have, but if you have any concerns, please ask one of the nurses prior to the procedure.

It is important that you read this leaflet prior to the procedure.

What is TNFLO?
TNFLO is a procedure which allows the doctor to examine your nose, throat, voice box and oesophagus (swallowing passage) using an endoscope (long thin light tube). The tube is inserted into the nose and to the back of the throat. The nose and throat are numbed using an anaesthetic spray and you will be awake.

The procedure will be carried out in the Ear, Nose and Throat (ENT) Clinic at Gloucestershire Royal Hospital.

What to expect
The procedure will be explained by the doctor and an opportunity will be given for you to ask questions. You will be taken by the nurse into the treatment room and asked to make yourself comfortable on the couch. There is no need for you to undress.

The nurse will record your blood pressure and pulse and ask you about any allergies you may have.

Your nose and throat will be sprayed with a local anaesthetic which will take a few minutes to have an effect.

If you wear dentures, you will be asked to remove them at this point.

During the test
The endoscope (tube) will be inserted into your nostril and passed into your throat; this will not interfere with your
breathing. When the procedure is finished the endoscope is removed quickly and easily.

How long will the procedure last?
The procedure will last approximately 10 minutes. However, you will be asked to sit in the recovery room for up to 1 hour after the procedure.

Benefits of having a TNFLO
• Avoidance of general anaesthetic
• Out-patient procedure done under local anaesthetic
• You will recover after a short amount of time
• The voice box is easily seen for a diagnosis to be made.

Alternatives to having a TNFLO
The alternative to this procedure is to have a direct laryngoscopy (a rigid tube is used, instead of a flexible tube) under a general anaesthetic (you will be asleep) in the operating theatre.
There is an increased risk when using general anaesthetic and because a rigid tube is used, there is a risk that your teeth may get damaged. You can discuss having a laryngoscopy at your appointment with the consultant.

Possible complications
• Minor nose bleeds after the procedure - if this occurs apply firm pressure to the end of the nose until the bleeding stops
• Slight discomfort in your nose and throat when the tube has been removed and the anaesthetic has worn off
• Feeling faint.

If you experience any of these complications and you are concerned, please refer to the contact information at the end of this leaflet.

Biopsy
A small piece of tissue (a biopsy) may be taken during the procedure for further examination in a laboratory. You will be told if a biopsy is taken during the procedure. Some patients may feel some discomfort when the biopsy is being taken.
You will also be advised when you will receive the results from the biopsy and if a follow-up appointment is needed.

If a biopsy has been taken from the voice box for analysis, you may be advised to rest your voice for 1 to 2 weeks after the procedure; you should avoid shouting, whispering and lengthy conversations.

You will be told at the end of the procedure if you need to follow this advice. The length of time you are advised to rest your voice, depends on where the biopsy has been taken from. You will be given advice on how to communicate if you have been advised not to use your voice.

### After the test

The doctor will explain at the end of the procedure what has been found and if a biopsy has been taken. You will be taken to sit in the recovery room to rest for up to 1 hour after the procedure.

### Can I drive after the procedure?

You should arrange for someone to drive you home or to take alternative transport. Drivers should check their insurance policy before returning to drive after surgery.

### Can I eat and drink after the procedure?

You should have nothing to eat or drink for 40 minutes after the procedure.

### Will I have difficulty swallowing?

Swallowing may be difficult for up to 4 hours after the procedure. This is due to the effect of the local anaesthetic spray.

### Will I have any pain after the procedure?

Patients may experience some discomfort in their throat. You can take pain relief such as paracetamol or ibuprofen to reduce the pain.
Will I have a follow-up appointment?
Depending on the outcome of the procedure, you will either be discharged from the clinic or we will make arrangements to see you again. We will notify you after the procedure.

Contact Information
If a problem occurs after the TNFLO procedure you can contact the ENT Clinic.

ENT Clinic
Gloucestershire Royal Hospital
Tel: 0300 422 8549
Monday to Friday, 9:00am to 5:30pm

If you need to speak to someone outside clinic hours, please contact:

Ward 2b
Gloucestershire Royal Hospital
Tel: 0300 422 6184

References
• Sharma A; Price T; Snelling J; Bennett A.M,D ;Qayyum,A, Bradnam,T; and Montgomery,P. Dec 2005
• How we do it: the role of Trans-Nasal Flexible Laryngo-Oesophagoscopy (TNFLO) in ENT: one year’s experience in a head and neck orientated practice in the UK
• Clinical Otolaryngology,30, 551-556
• Sharma A; Price T; Mierzwa K; Qayyum,A, Bradnam,T; and Montgomery P Jan 2006
• Transnasal flexible laryngo-oesophagoscopy: an evaluation of the patient’s experience.
• The Journal Of Laryngology and Otology;Vol. 120(1) pp 24-31.

Content reviewed: May 2016