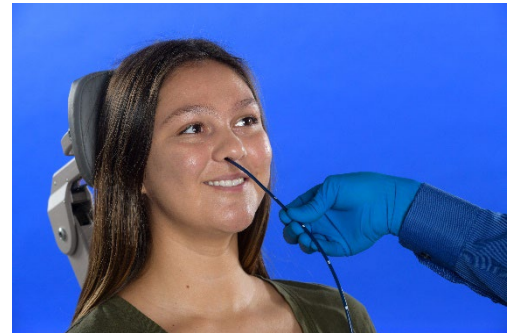


Transnasal Endoscopy

What to expect and how to prepare

This handout provides answers to common questions and information about preparing for a visit.



What is Transnasal Endoscopy (TNE)?

Transnasal Endoscopy (TNE) is a procedure that helps us diagnose and treat problems in the esophagus, the area that connects the throat to the stomach and duodenum.

This procedure is not painful but can be uncomfortable and your child will be fully awake during the procedure. We have Child Life specialists who can offer distraction techniques to help during the procedure.

Who is this procedure for?

Best candidates for this procedure are children who:

- Give consent and are willing to have the procedure done. We do not hold down or restrain any patients for this procedure.
- Are open to trying something new. We do not offer anti-anxiety medicines (anxiolytics) or premedication for this procedure, but children often think this is better than a procedure with general anesthesia.
- Are ready for the procedure. This procedure is done in the clinic, we do not offer unlimited time to complete the procedure so patient readiness is key. Reading this handout and reviewing the video are helpful ways to be sure you and your child are ready for the procedure.

What are the benefits of TNE?

- No sedation
- Faster in and out of the hospital, like a clinic visit
- Kids can go back to school or other activities right after
- Able to get the same information as a standard EGD (Esophagogastroduodenoscopy)

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To Learn More

- Gastroenterology
206-987-2521
- Ask your child's healthcare provider
- seattlechildrens.org/patient-education

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.



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Transnasal Endoscopy: What to expect

How is a TNE done?

Scan this QR code with your phone to watch the video



The TNE procedure does not hurt. Numbing medicine will be put in your child's nose and the back of their throat.

The doctor will place a small narrow tube into your child's nose and down their esophagus (food pipe) into their stomach and small intestine. That tube will have a small light and camera so they can see.

Most times a very small sample of tissue called biopsies are taken during the procedure.

How long will the procedure last?

Plan to be at the hospital for about 1 hour for check-in and preparing for the procedure. The actual TNE procedure only lasts 5 to 7 minutes.

What are the side effects of the procedure?

The most common side effects are

- Sore nose or throat
- Some irritation or small amounts of bleeding
- Chest or stomach discomfort
- Nausea

Can my child eat or drink before the procedure?

No food or drinks 2 to 4 hours before the procedure.

Next step

A Nurse will call you to be sure you and your child are ready for the procedure.

If approved, we will schedule you for the office visit. The TNE clinics are offered once a month.

Plan to check in 30 to 45 minutes before your appointment. After finding parking, it takes at least 15 min to get through security and complete registration.

We look forward to seeing you!