

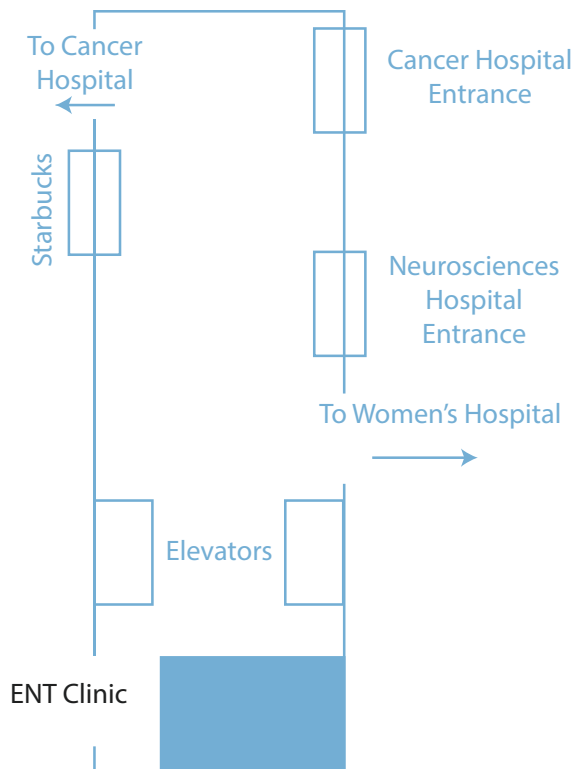
On the day of your
procedure:

Arrive early.

Check in for your appointment approximately 20 minutes prior to your procedure time. It is not necessary to fast prior to this procedure.

Where do I go?

All nasendoscopy procedures are conducted in the ENT clinic on the ground floor of the Neurosciences Hospital on the UNC Hospital Main Campus



Nursing Staff for Dr. Kilpatrick

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Note: This procedure is done as a team only on the **3rd Thursday of every month.**

Please ensure this is the date you are scheduled for, especially in the event that your appointment needs to be changed.



Nasendoscopy

This brochure is meant to help you and your family understand your doctor's recommendation to

examine your soft palate (roof of mouth) and throat. It is meant to explain what you and your doctor discussed in your visit. If you have further questions after reading this document, please voice your concerns with your provider.

What is Nasendoscopy?

Nasendoscopy is a way of looking at your soft palate (roof of the mouth) and throat. It involves using a thin, flexible tube with a very small telescope at the end, which is passed into one of your nostrils.

Most children and young people manage it without difficulty. The telescope is linked to a video camera and the pictures can be recorded on DVD.

The procedure is exactly the same whether you are a child or an adult.

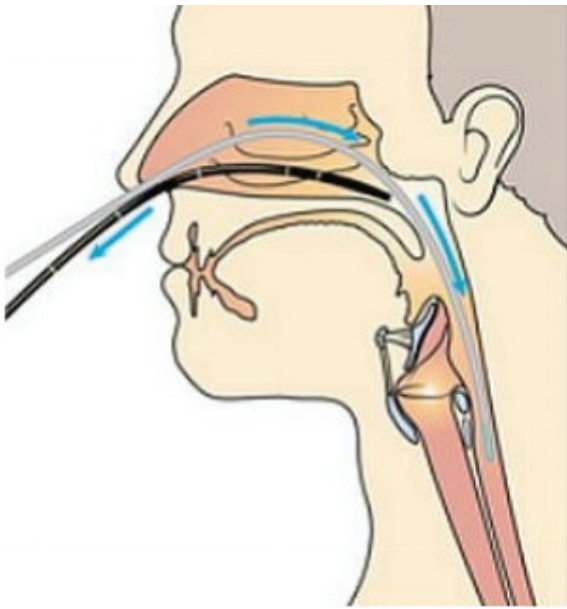


Image courtesy of <http://www.ent-surgery.com.au/nasendoscopy/>

Why do I need nasendoscopy?

Your provider has assessed your speech and thinks that your soft palate may not be moving well enough to separate your nose from your mouth during speech.

This study gives a good view of what happens to your soft palate and throat when you are speaking. It will help your team and the head and neck surgeon decide with you the best way to manage your speech difficulties.

What happens?

You will be seen by a speech specialist and/or a head and neck surgeon at the UNC ENT clinic. The study will last approximately 10 to 15 minutes, but you may be at the clinic for longer than this if other studies are carried out at the same time.

You will be awake for the investigation and you will be sitting upright in a chair. We will spray a little local anaesthetic into one of your nostrils. This does not taste very nice but it will make your nose and throat feel numb for a short time. After this, the tube will be inserted in to your nostril. You will then be asked to do some counting and to copy specific sounds, words and sentences. Your throat may be a little numb, so you cannot eat or drink for an hour after the examination but you should eat and drink normally before it.

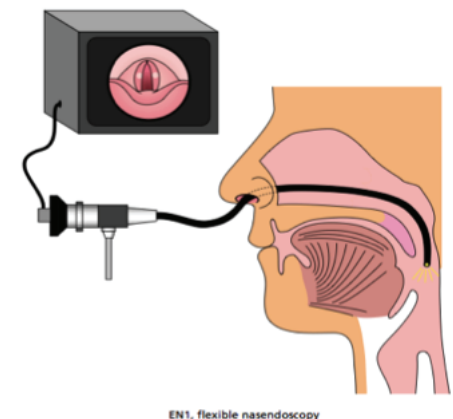
What are the risks involved in having a nasendoscopy?

The risks involved in nasendoscopy are very small. In very rare cases there might be a reaction to the local anesthetic.

Also, there may be a little bleeding if the tube scratches the inner lining of your nose, but this is very uncommon. If you have any concerns about this procedure please don't hesitate to contact the patient care coordinator.

The numbers are on the back page of this leaflet.

What can your doctor see?



Some of the structures that your doctor can see are:

- The cavity of the nose
- The nasal septum; which divides the two cavities of the nose
- The nasal turbinates
- The openings of the sinuses
- The openings of the auditory (Eustachian) tubes
- The tonsils
- The adenoids
- The uvula
- The palate
- The vocal cords and surrounding structures
- The epiglottis; which is a flap of cartilage which protects the entry to the airway