



## Provocation Nasendoscopy

Your Speech and Language Therapist or Doctor has arranged for you to have an investigation of your upper airway to assess for possible vocal cord dysfunction. This will involve attending an endoscopy procedure on Ward 24 or Speech and Language Therapy at Heartlands Hospital.

### What happens in the clinic?

A team of two people will carry out the examination; this will usually be a Speech and Language Therapist and a Respiratory Nurse or Doctor. The Speech and Language Therapist will ask you about your symptoms. They will then examine your throat and vocal cords. This involves passing a thin, flexible endoscope (small camera in a tube) into one nostril, through the nose to examine the voice box. You may be given something to inhale or swallow or be asked to cough or talk which will enable the team to examine your throat and challenge your upper airway function. After the procedure you will be able to see your throat (including your vocal cords) on the television monitor if you choose.

### How long will it take?

The consultation and examination will take approximately 30 minutes. However, you should allocate an hour for your appointment to allow for a recovery period after the procedure. While you should be fit to drive after the procedure, some people feel tired so you may wish to arrange transport and/or bring someone with you.

### Can I eat and drink before the examination?

Unless you have been advised otherwise, you can eat and drink as normal before your appointment. It is important that you inform the Speech and Language Therapist of any allergies.

### Is the procedure uncomfortable?

The procedure is done in a clinic room on the ward. At times the passing of the endoscope tube through the nose causes mild-moderate discomfort. Once the endoscope is positioned above the throat, any discomfort usually settles.

The procedure or challenge may provoke coughing, breathlessness, wheeze and hoarse voice, all of which will resolve after the procedure. In rare cases the procedure can cause nose bleeds and fainting. The team have medication and treatments that can be administered if required.

### What happens after the procedure?

You will need a period of recovery time (usually 30 minutes) after the procedure. You can then return to the ward or go home. You may be given some basic information after the procedure. However, this is not always possible. The Speech and Language Therapist will look at your results and a report will be sent to your Consultant and GP. A follow-up appointment will then be arranged as appropriate.

**If you have any further questions, please contact:**

**Birmingham Regional Severe Asthma Service Tel 0121 424 2172**

## Information for Patients

---

### Accessibility

To view this information in a different language or use the text-to-speech reader visit [www.uhb.nhs.uk](http://www.uhb.nhs.uk), click the yellow and black circular icon in the bottom right of the web page to open the ReachDeck toolbar and then use the search bar to search by the name of the leaflet. If you require this information in another format such as braille or audio please email [interpreting.service@uhb.nhs.uk](mailto:interpreting.service@uhb.nhs.uk).



### How did we do? 😊 😐 😞

If you have recently used our services we'd love to hear about your experience. Please scan the QR code or follow the link to share your feedback to help us improve our services. Thank you! [www.uhb.nhs.uk/fft](http://www.uhb.nhs.uk/fft)

